



Long Island Vision Experts

2 Lincoln Avenue, Suite 401
Rockville Centre, NY 11570
(516) 763-4106

Tea Tree Oil and Macadamia Nut Oil

Your doctor has diagnosed you with *Demodex folliculorum* - a parasitic face mite. These parasites are found in the human hair follicles, normally found in greater numbers around the eyelashes, eyebrows, forehead, cheeks, and nose. They can also be found in other parts of the body such as arms, chest, and ears. *Demodex* is a species of tiny mites that contribute to hair loss and live in our pores and hair follicles. The mites vary in size from 0.1mm to 0.4mm long. Their food is mainly sebaceous secretions and dead cells. Mites do not invade internal organs. *Demodex* mites are acquired shortly after birth and are considered to be normal skin fauna that increases as people age. Heavy infestations can cause symptoms and can be difficult to manage because it is often chronic, meaning that it is very difficult to eradicate.

Treatment

First follow the instructions on the separate sheet titled:

“INSTRUCTIONS FOR LID HYGIENE” (printed on BLUE paper).

Tea tree oil must be diluted to a 50% concentration otherwise it will burn your eyes. This is done by mixing the Tea Tree oil with Macadamia Nut oil in equal parts. Macadamia oil has a similar consistency to tea tree oil so it mixes well, but has no killing power.

To apply Tea Tree Oil and Macadamia Nut Oil Mixture:

- Wash your hands, then dip a Q-tip moistened with warm salt water (one half teaspoon of salt to a quart of water) into your Tea Tree oil and Macadamia nut oil mixture.
- Make sure you squeeze out any excess moisture.
- Gently wipe across your lashes and lid margin repeatedly. Avoid getting this mixture into the eye as it will burn
- Rinse with cool water.
- Repeat the process for your other eye, but use a different Q-Tip.

When you first begin treatment, do this several times daily, for about five minutes each time. Later on, you might apply the mixture once daily for a few minutes.

Women should throw out makeup and not use any new makeup for a week

If the infection is severe, you may also consider:

- Using tea tree soap or face wash everyday
- Cleaning sheets and/or buying new pillows
- Ensuring that your spouse is checked
- Having any pets that sleep on the bed checked

