

This material will help you understand blepharospasm and how it is treated.

## **What is blepharospasm?**

Blepharospasm is an uncontrolled movement or spasm of both eyelids. At first, people with blepharospasm start to blink often. As blepharospasm gets worse, the spasms can force the eyes to close.

## **What causes blepharospasm?**

People at any age can develop blepharospasm, but it most often begins in the mid-50s. Spasms occur when involuntary nerve signals are sent from the brain to the eyelid. In most cases, the cause of these impulses is unknown. Symptoms usually develop suddenly.

## **How is blepharospasm treated?**

The most effective treatment option for blepharospasm is botulinum toxin injections. As part of this treatment, small doses of medicine are injected to the muscles around your eye. This helps reduce spasms for about 3 months. Taking oral medicine may also help treat your symptoms. There are also specific surgeries that may also treat blepharospasm in those patients who do not respond to injections or oral medicine.

**For more information, scan this code with your smartphone  
or visit the website listed.**



<http://www.nei.nih.gov/health/blepha/blepharospasm.asp>

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