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What to know about psoriasis on the eyelids



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Psoriasis is an inflammatory condition that can affect the eyelids, resulting in skin changes, irritation, and pain. A doctor may recommend topical applications and medication to help manage symptoms and prevent flares.

[Psoriasis](#) develops when an issue arises in the immune system, resulting in an overgrowth of skin cells. The extra cells form plaques, or patches, on the body. Though rare, a person can experience these symptoms on their eyelids.

Several treatment options can help relieve the symptoms of psoriasis, but some are unsuitable for use on the eyelids.

Read on for information about how psoriasis affects the eyelids and what you can do to relieve it.

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What is eyelid psoriasis?



There are several types of psoriasis, and [plaque psoriasis](#) is the [most common](#) ✓. It involves the development of patches, or plaques, of extra skin cells.

These can form thick, itchy, and painful scales. Psoriasis tends to be pink or red with silvery-white scales on people with light or fair skin tones. On medium skin tones, it can appear salmon-colored with silvery-white scales. On darker skin tones, psoriasis may look violet with gray scales or darker than the surrounding skin.

Although rare, these plaques can appear on the eyelids.

[Learn more about psoriasis on the face here.](#)

Symptoms


Psoriasis on or around the eyelids can be difficult to manage because the skin in this area is very sensitive.

Some of the symptoms of eyelid psoriasis include:

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- irritation, including pain and itching
- eyelashes that rub on the eye
- scales that resemble dandruff flaking off and sticking to the eyelashes
- pain when moving the eye

Rarely , psoriasis can affect the eye, leading to inflammation, dryness, discomfort, and possibly vision loss.

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Causes of psoriasis

The exact causes of psoriasis are unclear, and its development may be multifactorial.

Changes to a person's immune system may contribute to the development of psoriasis. Psoriasis causes the body's natural defenses to react abnormally, leading to the rapid growth and buildup of skin cells.

There may also be a genetic component to psoriasis development. People with a family history of psoriasis are more likely to have the condition than those without.

[Learn more about the hereditary aspect of psoriasis here.](#)

Psoriasis triggers

While immune function and genetics may play a role in the development

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Triggers [include](#):

- infections
- [stress](#)
- some medications
- [sunburn](#)
- skin damage due to an injury, bite, or other trauma
- environmental factors

[Learn more about avoiding psoriasis triggers here.](#)

Treatment for eyelid psoriasis

A person should see a doctor if they notice:

- any new symptoms of psoriasis, especially on the eyelids
- worsening symptoms
- adverse effects of medication

A doctor will assess a person's condition and create a treatment plan to manage symptoms. Treatment options [will depend](#) on the type of psoriasis, the person's medical history, and the severity of their symptoms.

Treatment options [include](#):

Topical therapy

A doctor may prescribe an ointment containing [corticosteroids](#) or another ingredient.

In rare cases, [doctors may recommend](#) specially formulated steroid ointments to treat psoriasis around the eyes.

A doctor must supervise the careful application of the ointment, as the skin of the eyelids is vulnerable to damage, and complications can arise with long-term use. A person may need regular appointments with an

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Doctors may also prescribe [tacrolimus](#) or Protopic ointments for psoriasis. These medications [primarily](#) treat atopic dermatitis, known as [eczema](#), but they can help reduce inflammation and dryness in psoriasis.

[Learn more about topical treatments for psoriasis here.](#)

Systemic medications

Depending on the severity of the psoriasis on the eyelids and how well the area reacts to other treatments, a doctor may prescribe a systemic oral or injectable medication.

These [include](#):

- oral [retinoids](#), such as acitretin
- [methotrexate](#)
- [cyclosporine](#)

These types of medication can have adverse effects. Doctors usually prescribe them for short-term use to manage a flare, a period when symptoms worsen.

[Learn more about the differences between topical and systemic therapies for psoriasis here.](#)

Biologic therapy

This is an emerging form of treatment that targets specific components of the immune system. It appears to help reduce the number of [flares](#) and severity of symptoms.

A doctor will consider the type of psoriasis and severity of symptoms when deciding whether to prescribe a [biologic](#) drug.

Current [guidelines](#) recommend prescribing a biologic drug when symptoms are moderate to severe.

[Learn more about biologic treatments for psoriasis.](#)

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Psoriasis is a multisystem condition that can involve various parts of the body. Around [1 in 3 people](#) with psoriasis develop [psoriatic arthritis](#), which affects the joints.

As psoriasis affects more than just the skin, it can lead to further [complications](#), such as [uveitis](#), which is inflammation within the eye. Although it is rare, it can cause inflammation, dryness, and discomfort. Without treatment, it can have a drastic effect on eyesight.

Medication side effects

A doctor may prescribe a steroid cream to reduce inflammation, but this can have adverse effects.

In a [2017 review](#) , researchers found that using steroids around the eyes can lead to glaucoma, cataracts, and possibly vision loss. Therefore, a doctor should monitor the use of these medications.

It is important to follow a doctor's recommendations and instructions when using topical or oral steroids.

In some cases, infections can develop. A doctor will then prescribe [antibiotics](#) or other therapy.

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Home remedies


A person should follow their treatment plan for psoriasis, but they can also support this with some home remedies.

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- Use a cold compress to soothe the skin.
- Use sensitive cleaning products.
- Avoid hot water, as it can dry out the skin.

Psoriasis is a multisystem condition. It does not only affect the area where symptoms appear. For this reason, a person with any type of psoriasis might benefit from treating the whole body.

A [2018 review](#)  concluded that the following alternative or complementary therapies may help people with psoriasis:

- [indigo naturalis](#)
- curcumin, which is present in [turmeric](#)
- [fish oil](#)
- meditation
- [acupuncture](#)

A person should use alternative therapies together with their medical treatment plan and not as a replacement. They should also speak to a doctor before trying anything new or making any major changes.

[Discover 12 ways to treat psoriasis at home.](#)

Tips for living with eyelid psoriasis

Some daily habits and activities can worsen the symptoms of eyelid psoriasis. In the sections below, we discuss how to continue these activities while preventing the development of psoriasis symptoms on the eyelids.

Makeup

Makeup can reduce the appearance of skin discoloration and scales, but people with psoriasis should choose makeup for sensitive skin.

Makeup can also interfere with the topical medications a person is using and further irritate the eyelid.

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Eyebrow piercings

For people with psoriasis, eyebrow piercings may increase the risk of experiencing a flare near the eye, as piercings, [tattoos](#), and other types of skin trauma can trigger symptoms.

Contact lenses


As long as a person applies their topical medication appropriately and it does not go into their eyes, there should be no issues with wearing contact lenses. A person may find that a particular brand of contact lens or solution causes additional irritation, but other than that, there should be no further complications.

If a person has psoriasis symptoms around their eye, they may wish to speak to an eye doctor about the feasibility of wearing contact lenses.

Frequently asked questions

Here are some questions people often ask about eyelid psoriasis.

Is Vaseline good for psoriasis on eyelids?

Vaseline helps the skin retain moisture, and [research](#)  suggests that using it before applying a water-based emollient may help improve skin hydration.

Vaseline is safe to use on the eyelids unless a person has an allergy or finds it too uncomfortable. Try a patch test first to ensure it does not make symptoms worse.

What are the symptoms of psoriasis around the eyes?

Psoriasis around the eyes [can lead to](#) redness or discoloration of the eyelids and other skin surrounding the eyes. It can also cause scaling, dryness, and discomfort and may affect a person's vision.

How do I know if it's eczema or psoriasis?

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eyes should see a doctor for a correct diagnosis.

Summary

Psoriasis can be a challenging condition to live with, especially if it affects the eyelids. This is because the skin around this area is very sensitive.

Anyone who notices new symptoms or is concerned about existing symptoms should see a doctor, as many treatment options are available.

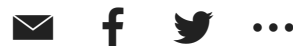
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