

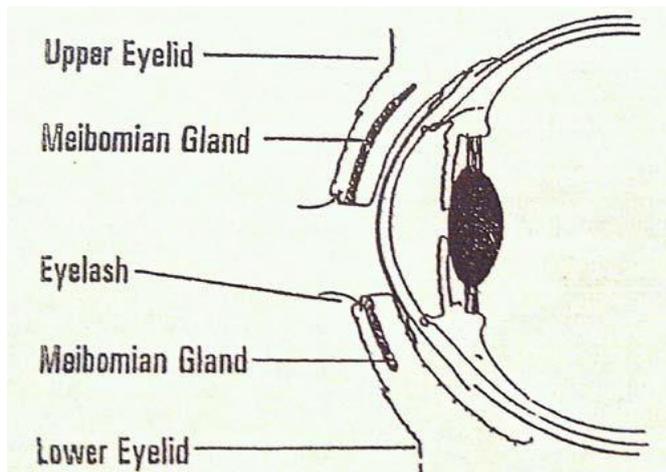
## INTRODUCTION:

You have a condition of the eyelids called **BLEPHARITIS**. It is not sight threatening but can be particularly troublesome since it can recur.

Eyelids become crusty, irritated and red due to a build-up of oil and debris on the eyelids and eyelashes.

Symptoms include burning, irritation, soreness and itching of the eyelids. Foreign body sensation (you feel like there is something in your eye).

There are several different types of blepharitis all of which are due to inflammation of the eyelid margins, sometimes combined with blockage of the meibomian glands. These glands open onto the edges of the lids and produce an oil which is an important component of the tears.



You can help relieve the irritation by some or all of the following measures, as instructed by the doctor or nurse. These should be performed **TWICE** daily followed by instillation of drops and ointment (if prescribed). Not all patients require medications.

The regime described will help to **control** your condition. It is **not** a cure. It will take 4-6 weeks before treatment starts to be effective. Perseverance is essential.

## **TREATMENT**

### **Hot Compresses**

Wash your hands before and after cleaning.

You can use a clean facecloth soaked in hot water or alternatively there are a number of heat masks specifically for the eye.

There are some heat masks available which your healthcare

Hold a clean flannel soaked in comfortably hot water (35-40°C ) against the (closed) eyelids for five minutes. (You will need to reheat the flannel in hot water as necessary when it cools.) This melts the oils in the blocked glands.

You can use a clean facecloth soaked in hot water or alternatively there are a number of heat masks specifically for the eye.

There are some heat masks available which your healthcare professional may be happy to recommend.

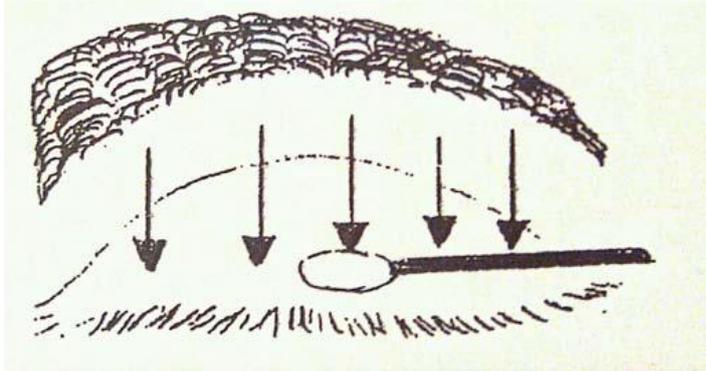
**NEVER** share flannels with others.

## Lid Massage

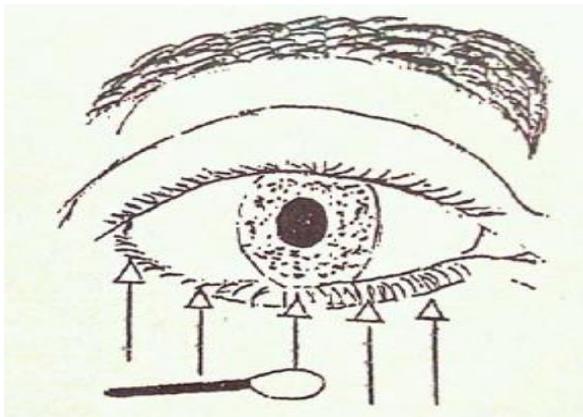
Using a:-

- finger
- cotton bud

Firmly stroke the skin of the lids towards the lashes i.e. downwards for the top lid:-



and upwards for the bottom lid:-



Massage (as above) the whole width of the eyelids. This helps unblock the meibomian glands and expresses the oils.

## Cleaning:

Commercially available lid scrubs are usually pre-soaked in a cleansing solution and are ready to use.

Clean away any crusts that are present on the eyelids particularly around the roots of the lashes using fresh cotton buds dipped in:

- Cooled, boiled water only
- Sodium bicarbonate solution\*
- Diluted baby shampoo

Commercially available lid scrubs are usually pre-soaked in a cleansing solution and are ready to use.

See separate preparation instructions

## **PREPARATION INSTRUCTIONS**

### **Sodium Bicarbonate Solution**

1. Add a quarter teaspoon of Sodium Bicarbonate to a cup of cooled, boiled water.
2. Mix thoroughly.
3. Prepare a fresh solution each day.

### **Diluted Baby Shampoo**

1. Dip the tip of a clean cotton bud into baby shampoo.
2. Then mix it into half a cup of cooled, boiled water.
3. Prepare a fresh solution each day.

### **Ointment**

Apply ointment as often as prescribed and always to the outer edge of the eyelids.

### **Antibiotics**

Some forms of blepharitis require a course of antibiotic tablets, sometimes for several weeks. These should be taken as instructed. If they cause any side effects, stop the tablets and consult your General Practitioner as soon as possible.

*This booklet is only intended to provide general information for patients. Any patient who is worried out his or her individual circumstances should seek medical advice relating to his or her individual circumstances*