

### Step 3. Eyelid cleaning

Use one of the methods below to clean your eyelids:

- Dip a clean cotton bud into baby shampoo. Mix this into half a cup of cooled, boiled water.
- Or, add a pinch of bicarbonate of soda to a cup of cooled, boiled water mixing with a cotton bud.
- Or, use cooled, boiled water only.

Use the soaked cotton bud to gently rub the edges of the eyelids and the base of the eyelashes.

Repeat this twice a day. Clean both the upper and lower eyelids.

### Other treatments

Sometimes, if the lids are infected, antibiotic ointment is prescribed. It should be gently rubbed into the edge of the eyelid and the base of the lashes with a clean fingertip.

Rarely, low doses of antibiotic tablets are needed for many months. This is particularly for patients with Acne Rosacea. Artificial tears are sometimes used to relieve dry eye symptoms.

**Version: Ble01 Jul 2010**

**Review date: Jul 2011**

## Blepharitis

**This leaflet will provide you with information and treatment advice on Blepharitis.**

Please contact the Ophthalmology Department if you have any further concerns after your treatment.

**Ophthalmology Department**

## **What is Blepharitis?**

Blepharitis is a very common inflammation of the eyelids. It is usually chronic and persistent and usually affects both eyes. Long-term treatment is needed to make the eyes more comfortable.

## **Signs and Symptoms**

- Red, itchy eyelids.
- Flakes or crusts at the base of eyelashes.
- Sticky eyelids.
- Dry, gritty, burning eyes.
- Blocked or infected eyelid glands causing cysts or styes (see our leaflet on Chalazion).

## **What causes Blepharitis?**

The exact cause is unknown, but it is sometimes associated with other skin conditions such as Acne Rosacea or Seborrhoeic Dermatitis.

The doctors and nurse specialists in the eye department will check for these and treat them if appropriate to help make your Blepharitis easier to control.

Blepharitis symptoms usually start to improve in two to eight weeks after starting treatment. However treatment needs to be maintained or the symptoms will recur.

## **Eyelid hygiene treatment**

### **Step 1. Hot compresses**

Hold a clean face cloth (or folded paper tissues) soaked in hot water against your closed eyelids for five minutes. Be careful that it is not so hot it burns the skin.

Repeat this twice a day.

This helps to melt the oils in the blocked glands.

### **Step 2. Lid massage**

Gently stroke the eyelid skin towards the base of the eyelashes with the tip of a clean finger. This helps to unblock the oil glands.