

65 Newgate Street
Morpeth
Northumberland
NE61 1AY

Tel: 01670 518612
Fax: 01670 504805
morpeth@c4sightcare.com

Northumberland House
Princess Square
Newcastle upon Tyne
NE1 8ER

Tel: 0191 232 1002
Fax: 0191 232 3802
newcastle@c4sightcare.com

Claremont Wing Eye Dept.
Royal Victoria Infirmary
Queen Victoria Road
Newcastle upon Tyne
NE1 4LP

Tel: 0191 282 0252 (office)
Tel: 0191 221 0934 (shop)
Fax: 0191 221 2051
rvi@c4sightcare.com

Widdrington Health Centre
Grange Road
Widdrington
Northumberland
NE61 5LX

Please contact our Morpeth branch for all enquiries.

www.c4sightcare.com



BLEPHARITIS

C4 Sightcare
OPTOMETRISTS

What Is Blepharitis?

Blepharitis is an inflammation of the lid margin (where the eye lashes grow out from your eyelids). Blepharitis is a chronic re-occurring disease which usually affects the upper and lower eye lids of both eyes. It is not a threat to your sight. Blepharitis can be aggravated by smoky, dry or dusty atmospheres.

What are the Symptoms?

- Crusting around the eye lashes.
- Red rimmed eyes.
- Burning, itching sensations or dry feeling.

You may not have all of these symptoms at the same time.

What will help?

It is important to keep your eyelids clean. Correct eye Lid hygiene can help a lot. Carry out the following procedures at least twice a day.

- 1. Wash your hands.**
- 2. Warm compresses.** (this will help to soften the crusting around the eye lashes and secretions inside the eyelid glands).
 - Boil water and allow to cool (so that it will be hot but will not scald).
 - Dip cotton wool in the water, squeeze out the excess.
 - Place the cotton wool on your eye lids, with eyes closed, and leave in place until the compresses cools.
 - Repeat, as the compresses cool down, for about 5 minutes.
- 3. Lid Hygiene**
 - Prepare a fresh solution made up of 1 teaspoon of Baby shampoo to 9 teaspoons of cooled boiled water.
 - Pull your upper eyelid to lift the lid away from the eye.
 - Then using a clean finger or cotton bud, dipped in the solution, rub along where the eye lashes grow.

Never allow your finger or cotton bud to touch your eye.

- Repeat instructions 3 and 4 on your lower eye lid. Always rinse your eyelids thoroughly and dry gently.

4. If you have been prescribed ointment then massage your Lids by:-

Putting a small amount of the prescribed ointment onto your index finger and firmly massage along the lid where the lashes grow, From the inner to the outer part of the upper and lower eye lid, on both eyes.

You may also be prescribed:-

Lubricants these are to replace the natural tears of your eye and keep your eyes comfortable. You may use them often as you require.

Always remember to do lid hygiene first.

For further advice please telephone any of the numbers below.

Information supplied by RVI

Contact Numbers:

C4 Sightcare Morpeth	01670 518612
C4 Sightcare Newcastle	0191 2321002
Royal Victoria Infirmary Claremont Wing Newcastle	0191 2824622 0191 2825584
Sunderland Eye Infirmary Sunderland	0191 5283616
NHS Direct (24 Hours)	0845 4647

www.nhsdirect.nhs.uk