

Blepharitis

Information and self-care advice



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 cool.
 - 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.



1

Wash your hands



2

Warm compresses

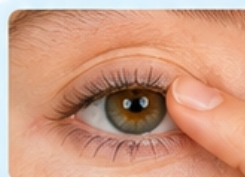
Use a hot (not scalding) compress for 5 minutes.



3

Lid Hygiene

Use diluted baby shampoo and a clean finger or cotton bud to gently clean the lid margins.



4

Massage your lids

Use prescribed ointment to massage from inner to outer lid, top and bottom.



For further advice please contact:

C4 Sightcare Morpeth	01670 518612
C4 Sightcare Newcastle	0191 2321002
Eye Casualty Royal Victoria Infirmary Claremont Wing, Newcastle	0191 2336161
Sunderland Eye Infirmary Sunderland	0191 5283616
NHS Direct (24 Hours) www.nhsdirect.nhs.uk	0845 4647

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