

BLEPHARITIS

Blepharitis is the medical name for inflammation of the eyelids.

This is usually a long term condition and is very difficult to eradicate. Treatment is only successful if you clean your eyelids regularly as instructed.

The cleaning of your eyelids should become a part of your daily hygiene routine.

Items required for cleaning your eyelids

- **Flannel:** dampened with warm water
- **Cotton buds:** available from most chemists
- **Baby shampoo:** 1 part shampoo and 9 parts water.
- **Antibiotic ointment:** the eye clinic doctor will prescribe this for you if he/she feels you require it

Method

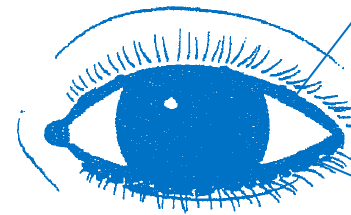
Hold the flannel on your eye for a few minutes. Soak the cotton bud in the solution of baby shampoo and scrub both lower and upper lid margins (where the lashes join the skin). Look away from the direction of the cotton bud to avoid poking yourself in the eye. You must do this thoroughly, spending around 30 seconds on each eyelid. This is best done using a small shaving mirror.

If you have been prescribed antibiotic ointment, squeeze a little of this onto your fingertip and rub it along the upper and lower lid margins.

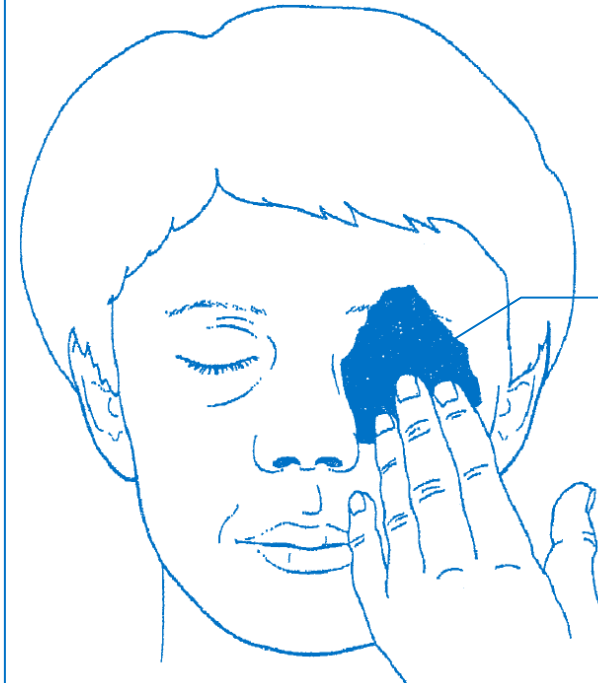
How often?

Begin twice a day for four weeks. Then three times a day for four weeks. Then once a day for life.

Blepharitis

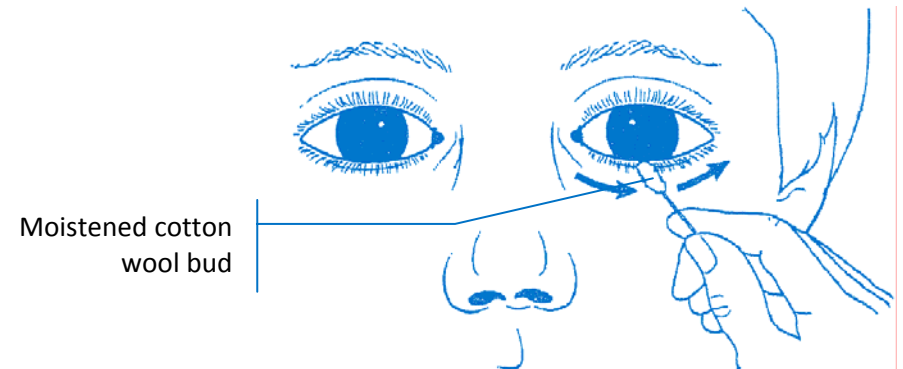


Excess oil droplets form on eyelid edges



Inflamed eyelid edges with scales and flakes

Place a warm flannel on your closed eye to loosen debris and excess oil



Moistened cotton wool bud



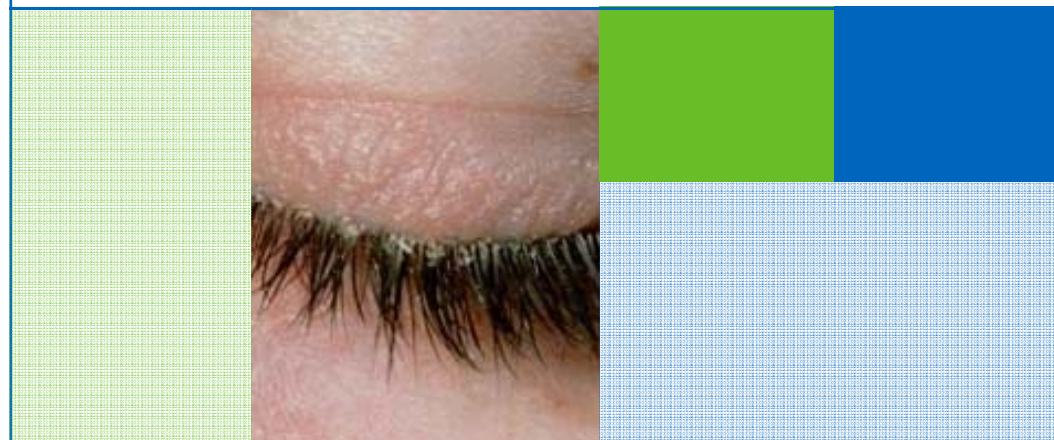
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Ophthalmology

Blepharitis: Caring for your eyes



Information for patients

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