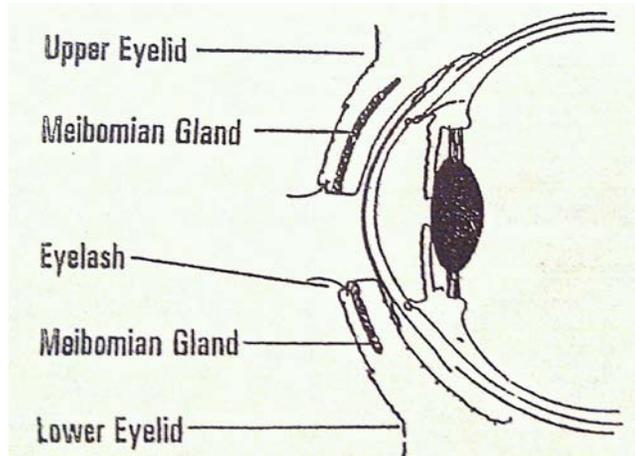


# BLEPHARITIS

## LID HYGIENE ADVICE FOR PATIENTS

### INTRODUCTION

You have a condition of the eyelids called **BLEPHARITIS**. It is not sight threatening but can be particularly troublesome since it can recur. 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 doctor or nurse will instruct you as to which of the following steps and preparations are appropriate for your type of blepharitis and will mark the relevant box(es). 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

Hold a clean flannel soaked in comfortably hot water 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.

**NEVER** share flannels with others.

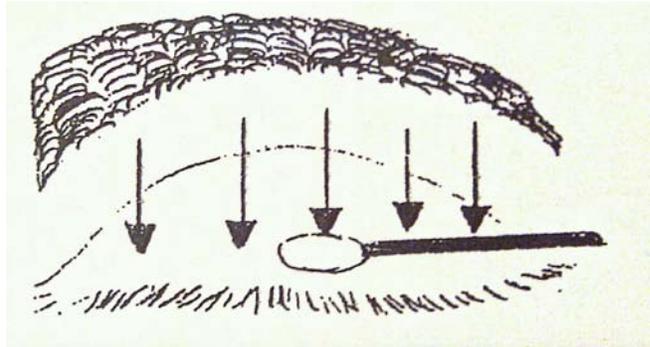
## Lid Massage

Using a:-

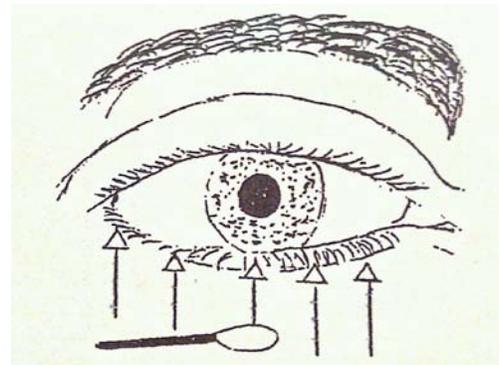
finger

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

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

see separate preparation instructions .

- Do use a bud once only
- Do use several buds per eye
- Do **not** dip a used bud into your solution
- Do **not** use buds from eye to eye
- Do **not** clean inside the lids.

**Drops**

Apply eyedrops before any eye ointment prescribed and as often as instructed by the doctor. Instructions on how to put in drops are available (please ask).

**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.

**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.

*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.*