

Remember...

- Always wash your hands before and after touching your eye/s
- Always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- Always have regular eye checks with your Optometrist.
- Always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- If you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- Never use anyone else's medication (this includes eye-drops)

Blepharitis (Inflammation of the eyelids)



The Eye Unit

Information and advice
for patients about Blepharitis
(Inflammation of the Eyelids)



The Eye Unit, The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Author: **Julie Tillotson** Date: **November 2020** Version: **Eight**
Review date: **November 2023** Ref: **036/21**

t: 01202 303626 w: www.uhd.nhs.uk

: @UHD_NHS : @UHTrust : @uhd_nhs

t: 01202 303626 w: www.uhd.nhs.uk

: @UHD_NHS : @UHTrust : @uhd_nhs

What is blepharitis?

Blepharitis is an inflammation of the eyelids. It is a common condition affecting the upper and lower eyelids. It can affect people of all ages.

What are the symptoms?

Symptoms can include some but not all of the following:

- Inflamed, greasy and sore eyelids
- Thickened and swollen eyelids
- Sticky eyelids, especially in the morning when you wake up
- Tiny flakes, scales or crusts that look like dandruff at the base of the eyelashes
- A feeling that there is something in your eye
- Itchiness or a burning sensation

How do I treat Blepharitis?

There is no cure for Blepharitis, but a number of treatments can help. You can use lubricating eye drops from a chemist or your GP as required.

You can also use microwaveable eye pads once or twice a day for ten minutes at a time. Follow this with a vertical massage of the eyelids towards your lashes. Some patients have found dietary supplements such as Omega-3 helpful.

Lid hygiene may also help. Either:

- boil some water, then let it cool to room temperature
- pour approximately 100mls of the water into a clean cup
- dissolve one teaspoon of Bicarbonate of Soda (not baking powder) in the cooled water
- always clean your hands before touching your eyes
- clean the eyelids along the eyelashes, morning and evening, using Sodium Bicarbonate solution or a preparation of your choice and cotton buds

- make sure you clean the eyelids well with a gentle rubbing action but take care not to poke yourself in the eye
- store in the fridge and throw away after 24 hours. You will need to make a fresh solution every 24 hours

or:

- you can buy a Lid Hygiene system or swabs from your local chemist or optometrist, but these tend to be more expensive

Continue with this treatment twice a day for two weeks, then once a day for a further two weeks. After that clean your eyelids two or three times a week to prevent your symptoms returning.

It is better to avoid wearing eye make up while you have symptoms. However this shouldn't be a problem once your symptoms are under control.

If your Blepharitis is causing a lot of irritation, you may be given antibiotic ointment to use on the eyelids after cleaning, usually for at least one week. This can be put on using a cotton bud, gauze or a clean finger.

Blepharitis is an ongoing problem, which is likely to come back in the future. If symptoms return, start your eyelid cleaning routine again. For severe symptoms your GP may prescribe an oral antibiotic

If you have any problems or questions about your treatment, please do not hesitate to ask any member of the medical or nursing staff caring for you. This leaflet can be found by going to www.rbch.nhs.uk/eyeunit>patientinformationleaflets

For further information and advice please contact:

Emergency Helpline: 0300 019 4181

**8am-6pm Monday to Friday,
8.30am-6pm on Saturdays
and 8.30am-2pm on Sundays**