

## Remember the following:

- 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)

# Meibomianitis (Inflamed glands in the eyelids)




## The Eye Unit

Information and advice for patients  
about Meibomianitis  
(Inflamed glands in the eyelids)




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## What is Meibomianitis?

(Pronounced: my-bO-mE-an-i-tis)

Meibomianitis is a mild infection in the glands of your eyelids. There are about 100 small glands, which run along the top and bottom of your eyelids. These glands produce an oily liquid, which helps make tears. With meibomianitis these glands swell.

## What are the symptoms?

Your eyes may feel itchy, sore or gritty. Some patients complain of a tired feeling in the eye especially in the evenings.

## What treatment is available?

You should treat this problem with warm compresses and lid hygiene, usually twice a day for as long as you have the symptoms. Please note this is an ongoing problem so you will need to carry on for weeks or months.

**Always wash your hands before and after touching your eyes.**

### 1. Warm compresses

It is advisable to either use a microwavable heat pad - often called 'wheat bag' heated to the manufacturers' guide in the microwave OR half filling a hot water bottle with hot water from the tap not the kettle to avoid a burn risk. Test the heat of whatever you choose to use onto your skin prior to applying it to the eye lid area. If it is on the hot side, do wrap it up in a clean t-towel to reduce the temperature. 'Eye Bags' can now be purchased from most chemists but it is not necessary to buy this if the afore mentioned is available.

### 2. Lid hygiene

Either:

- boil some water, then let it cool to room temperature
- pour approximately 100ml of the water into a clean cup
- dissolve one teaspoon of Bicarbonate of Soda (not baking powder) in the cooled water
- clean the eyelids along the eyelashes, morning and evening, using Sodium Bicarbonate solution and a cotton bud
- 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 from a pharmacy or your local chemist. It is easier to use but does cost more, prices vary

**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.**

When your symptoms are bad it is better to avoid wearing eye make-up. However this shouldn't be a problem once your symptoms are under control.

## Are there any complications associated with Meibomianitis?

You won't lose your sight with Meibomianitis but if you do not treat it you may get ulcers on the front of the eye and infections.

Patients with this problem may also have 'dry eyes' as the inflammation can cause problems with the tear quality (see Dry Eye information leaflet). If your glands are very swollen you may be given some antibiotic eye drops or ointment to get rid of the infection.

## Will the symptoms return?

Yes, they may do. Meibomianitis is a long-term problem, which may come back. If your symptoms return then you should start the warm compresses and lid hygiene routine again.

If you have any problems or questions please ask the doctor, or nurse, caring for you.

## For further information and advice please contact:

**Emergency Helpline: 0300 019 4181**

**Mon-Sat: 8am-6pm Sunday: 8:30am-2pm**

**and Bank Holidays: 8.30am-6pm**