

## Patient information

**Tear Film Dysfunction/ Inflammation of the Eyelids**

## St Pauls

**Tear film dysfunction**

Our eyes have a layer of liquid that covers their surface (the tear film). The presence of this layer is essential to help maintain the health and comfort of our eyes. The tear film is a complex layer composed of many substances. A disturbance of any of these substances may cause a tear deficiency and this will lead to discomfort. This commonly occurs with inflammation of the glands on the eyelids.

The doctor or nurse would have identified the specific abnormality and will advise you on what treatment to follow. The following is to help you follow their instructions:

**Warm water massage**

It is important that you carry out this procedure twice daily (mornings and evenings) if your symptoms are to be eased.

You will require a small bowl of hand-hot water and four large cotton wool balls:

1. Wet one of the cotton wool balls in hot water and with your eyes closed, gently but firmly massage the right eyelid for 20 seconds, focusing on the area of the lid where the eyelashes start.
2. Dispose of the cotton wool ball and repeat the procedure for a further 20 seconds.
3. Repeat to the left eye.

## **Use of ointment for eyelid inflammation**

If you have been prescribed eye ointment, this will need to be applied in the evening after the warm water massage.

1. Wash hands
2. Apply a small amount of ointment to your finger and apply it gently to your eyelid margins. You will find that you may be able to remove many of the scales along your eyelid margins, as you apply the ointment.
3. The following morning use a wet cotton wool ball to remove the ointment.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

### **Corneal Specialist Nurse**

**Tel: 0151 706 2000 bleep 724 or ext. 3928**

**Text phone number: 18001 0151 706 3928**

### **Primary Care**

**Tel: 0151 706 3949**

**Text phone number: 18001 0151 706 3949**

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