

Patient information

Blepharitis

Ophthalmology Department – Aintree Hospital

What is Blepharitis?

Blepharitis is inflammation of the rims of the eyelids.



Figure 1

What causes it?

It is caused by a build up of debris or dead skin flakes and grease. Blepharitis is very common. It usually affects both eyes.

How will I feel?

- Your eyes will feel gritty and sore.
- Your eyelid rims will look red and crusty. **(Figure 1)**

What can we do about it?

Blepharitis usually improves if you gently but thoroughly clean your eyelids.

You will need to clean your eyelids at least twice a day. This should be ongoing as the condition often returns if cleaning is stopped.

How long for?

Blepharitis cannot be cured but we can prevent it from recurring so often or so severely.

If Blepharitis is severe, your doctor may prescribe an antibiotic or steroid ointment to put on your eyelids.

How do I clean my eyelids?

Warm Compresses (to soften the crusting around the eye lashes)

- Boil water and allow to cool (so that it will be hot but will not scald).
- Dip cotton wool in the water, squeeze out excess.
- Place the cotton wool on your eyelids, with eyes closed and leave in place for one minute or until cool.
- Repeat this procedure for about three minutes.

Then...

- Take a half cup of cooled boiled water and add either
- Two drops of baby shampoo

Or...

- A pinch of bicarbonate of soda.

- **Figure 2**



- Dip a cotton wool bud into the water and gently but firmly wipe along the rims of the eyelid. **(Figure 2)**
- Concentrate on the base of the eyelashes and do not touch the inside of your eye.
- Clean along the eyelid rims from the inner corner of your eye outwards.
- Cleaning the eyelid rims should remove any crusts, flakes or discharge.

What should I expect?

- Cleaning your eyelids should not sting or damage your eyes.
- Be careful not to touch the eye itself with the cotton bud.

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Further information

Ophthalmology Clinic

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