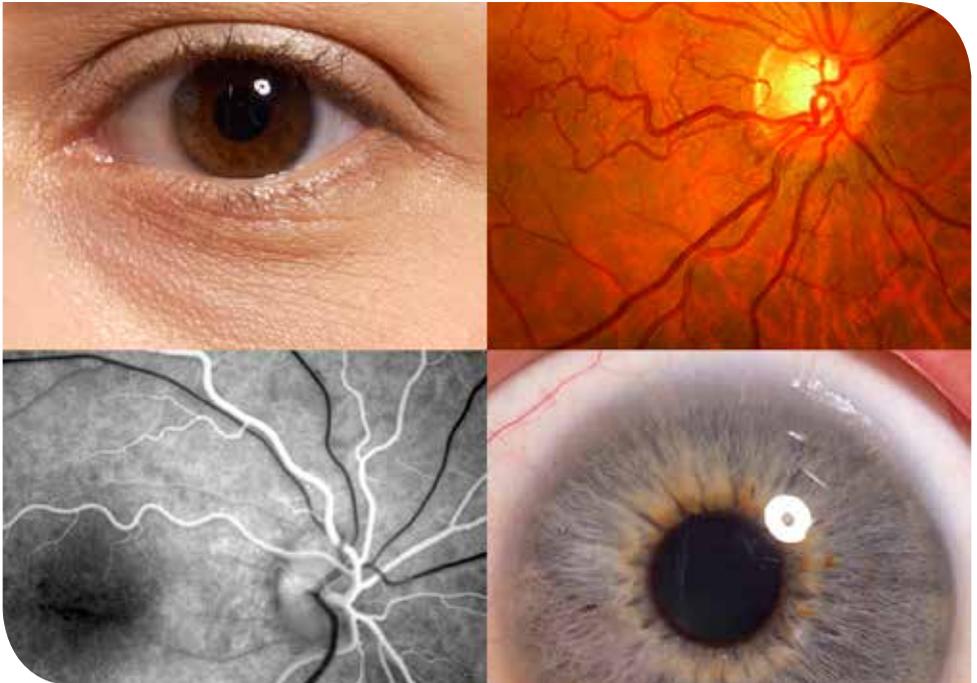


Blepharitis

Eye Department



Patient information leaflet

What is Blepharitis?

Blepharitis is an inflammatory condition of the eyelids caused by a build up of oil and other products secreted by the eye, causing redness and irritation.



Blepharitis

Excess oil droplets form on the eyelid edges together with scales and flakes, causing inflammation.

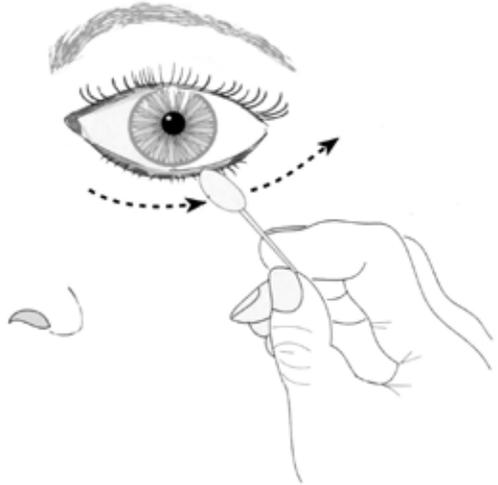
How can it be treated?

There is no simple treatment for blepharitis. However, keeping the lid margins clean will help to reduce the symptoms.

How do I clean the eyelid margins?

Make up a solution of a pinch of bicarbonate of soda in an egg cup of cooled boiled water – or one part baby shampoo to 15 parts of cooled, boiled water.

Moisten a cotton bud with the chosen solution and clean the eyelid margins – top and bottom, using a side to side motion. This will remove the debris from the eyelids and lashes (see diagram). If both eyes are affected, remember to use a clean cotton wool bud for each eye.



This should be done twice a day for the first few weeks, then as symptoms improve, reduce to once a day. You need to persevere with the treatment for a long time in order to notice any improvement.

Application of ointment

If ointment has been prescribed, squeeze about 1cm of ointment into the bottom eyelid, and smooth some over the eyelashes with a clean finger, after you have cleaned your eyelids.

Reference sources

- www.eyecaretrust.org.uk
- www.moorfields.nhs.net

Contact details

If you are worried or concerned about your symptoms please telephone the Eye Department.

Telephone: 01483 571122 **ext** 6489

Monday–Friday, 9am–5pm

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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