



Blepharitis

Patient Information Leaflet

What is Blepharitis?

Blepharitis is an inflammation of the lid margins. It is a very common external eye disorder, the exact cause of which is unclear.

What are the Symptoms?

The most common symptoms are:

- Burning feeling
- The sensation of something in the eye
- Light sensitivity and lid crusting which are frequently worse in the morning.

The condition is made worse by having dandruff. Eliminating dandruff by using anti-dandruff shampoo will help ease the symptoms.

The condition may also interfere with wearing contact lenses which can aggravate the symptoms of dry eyes.

What does the treatment involve?

- Crucial to treatment is patient motivation and ability to comply with instructions correctly.
- Lid hygiene is the main stay of treatment; it is aimed at removing crusts by cleaning the lid margins and between the eye lashes twice daily.
- Application of a hot compress over the eyelids for 5 minutes can help soothe the eyes, facilitate lid cleaning and soften secretions.
- Wash your hands thoroughly before and after you have cleaned your eye lids.

Complete eradication may not be possible, but elimination of symptoms is usually effective.

Clean Lids as follows:

- Mix a few drops of baby shampoo (one teaspoonful) into a mug of warm water.
- Dip a clean cotton bud into the liquid or alternatively you can wrap a clean face cloth around a finger and use this to scrub the eye lash root. You may find it easier to do this by looking in a mirror.
- Rinse the eye lids with **clean** water.
- Do not share your face cloth or towels with anyone else.

Gradually lid hygiene can be performed less frequently as the condition is brought under control.

If the doctor prescribes an antibiotic ointment it should be rubbed into the lid margin with a clean finger after all crusts have been removed. Artificial tears to lubricate the front of the eye are sometimes prescribed.

We hope that this information is helpful to you. If anything is unclear or you have any other questions you would like to ask, then please do contact your General Practitioner or

**Royal Victoria Eye and Ear Hospital,
Accident & Emergency Department
01 7088535**

Revision History

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-	1	2001	New Information Leaflet	-	
PIL 012	2	January 2014	Revised Information Leaflet	all	Hospital Management Group