

Blepharitis

Ophthalmic Day Surgical Unit
01253 957420

Patient Information Leaflet



Blepharitis

The doctor has diagnosed that you have a condition of the eyelids called “**BLEPHARITIS**” (pronounced BLEF-A-RY-TIS).

This is a chronic condition affecting the eye lids and can cause redness, swelling, itching, discomfort, dryness or watering of the eyes. In the longer term it can cause loss or misdirection of eye lashes.

Blepharitis is a chronic condition, which means it will never go away. It can be treated and controlled but can never be fully cured.

The mainstay of treatment is ‘lid hygiene’ which you need to practice regularly and diligently to keep you eyes more comfortable.

If any of the following information is unclear please contact the eye clinic department on 01253 953473.

Warm Compress

Apply a warm, clean, face cloth to your closed lids **gently** for five or ten minutes, at least twice a day. You can either use a towel soaked in warm water or commercially available ‘eye bag’. This will help to soften any secretions or crusts on the lashes and lids and open up blocked glands

Cleaning your eyelids

- Wash your hands thoroughly before and after you have cleaned your eyelids.
- Dip a cotton bud in a cup of boiled cooled water and scrub your eyelids near and between your eyelashes to remove the crusting. Try to avoid touching your eye with the cotton bud.
- Alternatively, you can wrap a clean flannel around your finger and use this to scrub the eyelashes instead of cotton buds.

Finish off by rinsing your lids in clean water. Do this twice daily and then when things have settled, once daily.

Apply any eye medication prescribed by the doctor after performing warm compress and lid cleaning.

Do not share your facecloth or towel with anyone. Remove makeup before going to bed.

Change make up supplies every three to six months.

Ointment

You may have been prescribed eye drops to moisturise your eyes or an ointment to put into your eyes and / or the eyelids. This may be an anti-biotic with or without a steroid to prevent infection and reduce inflammation. This should be applied as prescribed by the doctor. The ointment can be put on the edges of the eyelid and over the lashes either with a clean fingertip or using a cotton bud.

It does not matter if the ointment goes in the eye.



Other sources of information:



Ophthalmic Day Case Unit: 01253 957420
Eye Clinic: 01253 953851



Hospital switchboard
Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**
or by email: **bfwh.patientrelations@nhs.net**



Further information is available on our website:
www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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Author: Consultants
Approved by: Ophthalmic Departmental meeting
Date of Publication: 27/01/2020

Reference No: PL/228(v3)
Review Date: 01/01/2023