

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Blepharitis



# Blepharitis

Blepharitis is an inflammatory condition of the eyelids. Oils and other products normally secreted by the eye build up on the lid surface and eyelashes, resulting in symptoms of eye irritation and redness. Though we often use a combination of many forms of treatment, including antibiotic tablets and antibiotic ointments, the mainstay of treatment is careful cleaning of the eyelids and lashes to remove the irritating substances.

To obtain the best results, please follow the instructions listed below, preferably twice a day. Remember blepharitis is a skin condition that may be with you for a lifetime. The treatment is aimed at minimising your symptoms and making you more comfortable. Regular lid hygiene should become part of your daily routine.

## 1. Warm Compress

Soak a clean facecloth in water as warm as the lids can stand and then apply it to the closed lids for a period of 5-10 minutes. You may need to re-warm the cloth repeatedly. This will not only feel good, but will make the lid oils easier to remove.

## 2. Lid Cleaning

Following the warm compresses, clean the eyelid margins with a clean moistened cotton wool bud, using a side to side motion. This will remove the debris from the eyelids and eyelashes. If debris remains, as often happens in the early days of treatment, use the cotton wool bud to scrub between the lashes. The cotton wool bud may be moistened with a little baby shampoo.

Always dilute the baby shampoo before use:

- 1 part shampoo to 3 parts of water
- Finally, wipe the lashes with a clean cotton bud moistened with water
- All water used should be freshly boiled water and cooled

## 3. Application of Ointment

If an ointment has been prescribed by your doctor, apply this following the warm compresses and lid cleaning. Place a small amount of ointment on your fingertips and rub it into the lid margin and lashes. A ¼-inch (6mm) of ointment should be placed inside the lower eyelid. This treatment is convenient to carry out at bedtime.

Having followed the steps outlined above, we expect the redness and irritation to have improved within 2-8 weeks of starting treatment. To stop treatment altogether will probably result in a recurrence of problems, so use it with the minimum frequency during the week to keep the eyelids comfortable.