

Blepharitis Treatment/Lid Hygiene

- Blepharitis (or chronic eyelid inflammation) is a very common problem.
- It can be mild causing a gritty sensation with sore eyelids. Or occasionally can be severe with changes in the eyelids resulting in lashes growing inwards. It can cause severe dry eye also.
- Blepharitis is commonly associated with dry eye and dry skin. 'Styes' (chalazia) of the eyelid occur more frequently in blepharitis.

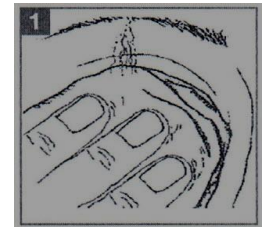
It is not possible to cure blepharitis; however, it is possible to relieve the symptoms. It might take several weeks before there is an improvement. You will need to continue the treatment long-term or the discomfort can return

3 steps to treat blepharitis

1. HEAT

Apply heat using a face cloth or washer that has been wrung out in hot water – as hot as is comfortable.

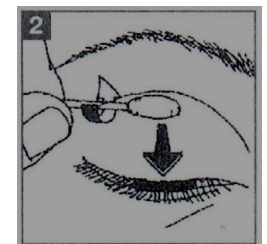
Apply heat in this way for 2 minutes, *then*



2. MASSAGE

The eyelids should be gently massaged by stroking with a cotton bud or finger. The aim of the massage is to express the oil from the tiny glands in the eyelids,

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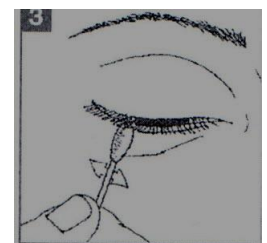


3. CLEAN

Clean the edges of the eyelids using the solution below OR one drop of baby shampoo mixed with water. Dip a cotton bud or a corner of a clean washer in the solution and scrub the edges of the eyelids gently to remove all the oil and built-up secretions. Alternatively, you can do the cleaning with pads or solutions available from pharmacies.

DO NOT clean the inside of the eye.

Do this treatment daily. If the blepharitis flares up again you need to do the treatment more often.



Eyelid cleaning solution

1. Boil 600 ml (1 pint) of water and let it cool.
2. Add 1 teaspoon of baking soda (bicarbonate of soda).
3. Keep the solution covered in the fridge and discard after 2 weeks.

Alternatively, there are also commercially available products from pharmacies (lid cleansers) to aid in the performance of lid hygiene.