

BLEPHARITIS

Information Leaflet



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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.

SYMPTOMS

The most common symptoms are burning, (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 ease the symptoms.

The condition may also interfere with contact lens wear and aggravate the symptoms of dry eyes.

TREATMENT

- Crucial to treatment is patient motivation and ability to comply with instructions correctly.
- Complete eradication may not be possible, but elimination of symptoms is usually effective.

- Lid hygiene is the mainstay of treatment, it is aimed at removing crusts by scrubbing the lid margins and between the eye lashes twice daily.
- Wash your hands thoroughly before and after you have **cleaned** your eye lids.

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.
- 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.