

LID HYGIENE ADVICE FOR PATIENTS

Introduction

You have a condition of the eyelids called BLEPHARITIS. It is not sight threatening, but can be particularly troublesome since it can recur. There are several different types of blepharitis, all of which are due to inflammation of the eyelid margins, sometimes combined with blockage of eyelid glands. These glands open onto the edges of the lids and produce an oil which is an important component of the tears.

You can help relieve the irritation by using some or all of the following measures. These should be performed TWICE daily. Not all patients require medications.

We will instruct you as to which of the following steps and preparations are appropriate for your type of blepharitis.

The regime described will help to control your condition. It is not a cure. It will take 4-6 weeks before treatment starts to be effective. Perseverance is essential.

Treatment

Hot Compresses

Hold a clean flannel soaked in comfortably hot water against the (closed) eyelids for 5 minutes.

(You will need to reheat the flannel in hot water as necessary when it cools). This melts the oils in the blocked glands.

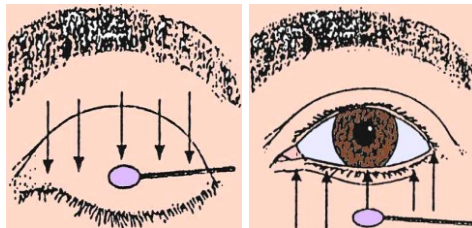
NEVER share flannels with others.

Lid Massage

Using a finger

cotton bud

firmly stroke the skin of the lids towards the lashes, i.e. downwards for the top lid and upwards for the bottom lid:



Massage (as above) the whole width of the eyelids. This helps unblock the meibomian glands and expresses the oils.

Cleaning

Clean away any crusts that are present on the eyelids particularly around the roots of the lashes using fresh cotton buds dipped in diluted baby shampoo.

Do:

- Use a bud once only
- Use several buds per eye

Do not:

- Do *not* dip a used bud into your solution
- Do *not* use buds from eye to eye
- Do *not* clean inside the lids.

Preparation Instructions

Diluted baby shampoo

1. Dilute 1 part baby shampoo to 4 parts cooled, boiled water.
2. Prepare a fresh solution each day.