

Lid Hygiene For Blepharitis

Blepharitis is a chronic inflammation involving the eyelids. The daily secretions of the eye may be slightly abnormal and can accumulate to produce your symptoms of irritation and possible redness.

Below are some instructions, which if you follow closely, will make your symptoms much less and make you feel more comfortable. You should remember that this is a chronic condition of the eyelid and although we are unable to cure it completely, we aim to make it less troublesome.

1. Warm Compresses

Apply a warm/hot clean face cloth over the eyelids for 5-10 mins. This tends to liquefy the oils of the eyelids to make removal easier.

2. Eyelid Cleaning

Using a moistened cotton wool bud, clean the margin of the eyelid with a gentle scrubbing motion. Aim to remove all the debris and crusting that you can see. One of two solutions can be used to moisten the cotton wool bud. The first entails using mild baby shampoo diluted by using a drop of shampoo in an egg cup full of boiled water. An alternative to this is to use a solution of sodium bicarbonate. One teaspoon of sodium bicarbonate can be added to one pint of clean boiled water. This solution can be kept for several days if covered in the fridge.

3. Ointment

You may have been prescribed an ointment to put on the eyelids. This may be an antibiotic with or without a steroid component. Ointment should be applied twice a day following a warm compress and lid cleaning. The ointment can be put on the edges of the eyelid and over the eyelashes either with the fingertip or using a cotton wool bud. It does not matter if the ointment also goes into the eye. In the initial period it is suggested you perform this procedure twice daily and when symptoms have tended to settle, once daily should suffice. However, if treatment is stopped altogether then a recurrence of your symptoms is highly likely.

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