

Blepharitis

What is blepharitis?

It is a common inflammatory disorder of the eyelid edges.

What causes it?

It may be associated with some scalp conditions, such as very dry or oily skin and dandruff.

What does it look like?

- Eyelid edges are red.
- Whitish scales may stick to the roots of eyelashes.
- Eyes may be burning, sore or itchy.

How can I make it better?

You will need to remove all the crusts and debris from the edge of your eyelids and from between your eyelashes.

- Antibiotic ointment may be recommended in severe cases.

What do I use?

- You can buy eyelid cleaning products such as 'Lid Care', which may have a separate cleaning solution with sterile pads, or individual pre-moistened wipes.
- You can get these products from your optometrist or pharmacist.

Method

- Follow the instructions on the packet.
- Rub the product firmly but gently along the eyelid edges to remove the crusts and debris.
- Take care to wipe between the eyelashes of both upper and lower lids.
- Use a fresh pad or wipe each time.
- Dry your eyes gently.

What happens next?

Continue the treatment twice a day at first, then less as it starts to get better.

Treatment of this condition is a long-term matter. You may not see any improvement for several weeks.

