

# Lid Hygiene for the Treatment of Blepharitis



## What is it?

Blepharitis is inflammation of the eyelids.

## What causes it?

Oils and other products normally produced by the eye build up on the surface and eyelashes causing eye irritation and sometimes redness.

## How can I treat it?

We often need to use a combination of treatments, including antibiotic tablets and antibiotic ointments. However, the main treatment is the careful cleaning of the eyelids and lashes to remove the irritating substances (See Below).

## Lid Cleaning & Warm Compresses

1. Mix either one teaspoon of Baby Shampoo, (or one teaspoon of Bicarbonate of Soda), into a pint of boiled water.
  2. Allow the water to cool down until it is comfortable for the eye (it is important that the water is as warm as the eye can stand).
  3. Soak cotton wool in the water, drain the excess water from the cotton wool, then apply it to the closed lid for a 5-10 minute period with a circular, massaging movement.
  4. You will need to re-warm the cotton wool repeatedly, every time it cools down (about every 20-30 seconds). This will feel good and will make the lid oils and debris easier to remove.
- ★ If debris remains, and this may frequently be observed early in the treatment period, use a moistened cotton wool bud to scrub between the lashes.

**Regular lid hygiene should become a part of your daily routine.**

If the procedure is painful, there is something wrong:

- The water may be too hot
- There may be too much baby shampoo in the solution
- You may be rubbing too hard
- You may not be closing the eye fully

## How often should I clean them?

To obtain the best results, please follow the instructions listed above preferably twice a day to begin with.

## Application of an Ointment

If an antibiotic ointment has been prescribed by the doctor, this should be applied following the warm compresses and lid scrubs. Place a small amount of ointment on your fingertip and rub it into the lid margin and lashes. At bedtime a quarter of an inch of ointment should be placed between the lower eyelid and eyeball.

Having followed the steps outlined above you may expect the redness and irritation to improve within 2-8 weeks of starting treatment. Once comfortable, the regular cleaning may be reduced to alternate days or even once a week. Always be prepared to step up the treatment quickly if symptoms worsen again.