



Royal Berkshire
NHS Foundation Trust

Blepharitis

Information for patients

Blepharitis is a common inflammatory condition that affects the eyelids.

It is usually a chronic (long-term) problem that can be controlled with extra attention to eye lid hygiene.

However, it is sometimes caused by an infection and may require medication.

Signs and symptoms

- Red and/or swollen eyelids.
- Stickiness of the eyelids upon awakening.
- Crusty, flaky skin on the eyelids.

What is the treatment?

The best way to control blepharitis is to keep the eyelids and eyelashes clean. With regular cleaning, it takes at least 6 weeks for the treatment to be effective.

Cleaning solution

Ready made

- Cleaning solutions may be purchased from a chemist (e.g. Blephasol).

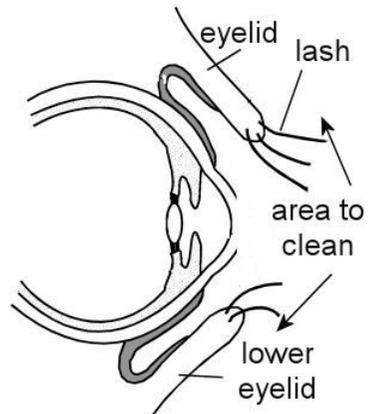
Making up a cleaning solution

- Add a teaspoon of bicarbonate of soda to 1 pint of cooled boiled water. Stir well to dissolve.

- Replace this solution after 1 week and make up a fresh solution.

Cleaning your eyelids and lashes

1. Soak a cotton bud in the cleaning solution and gently clean your eyelashes. Do not use an eye bath!
2. Use gentle pressure on the eyelashes where they grow out of the eyelid. Avoid poking the inside of the eye with the cotton bud.
3. Use several cotton buds to clean your eyelids. Do not re-dip the dirty cotton bud back into the cleaning solution.
4. Rinse your eyelids thoroughly using warm water (you can use a clean cosmetic pad or an eye bath for this).
5. Dry your eyelids with a clean cloth or towel.
6. If you have been prescribed ointment, put about 1cm (1/4 inch) onto the end of a clean cotton bud and gently rub into the eyelashes, paying attention to the roots of the lashes.



This treatment should be performed every morning and every evening for 2 weeks or until the symptoms have cleared. You can then reduce it to 2 or 3 times a week.

There is no cure for blepharitis, but this treatment can help to control it and prevent it getting worse.

For flare-ups or more severe cases, anti-inflammatory and antibiotic drops or ointment may be necessary.

Contact us

If you have got a minor eye problem, please seek advice from your GP, optician or pharmacist. If you think your problem might be urgent, please attend Eye Casualty.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

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