



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. Using an anti-dandruff shampoo will help reduce the 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 'Blephasol', 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. Alternatively, you can use warm water with cotton balls or makeup removal pads.

Method

- Wash your hands before and after cleaning your eyelids.
- Rub the moistened pad or cotton ball 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 for at least one month, 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. You will probably need to continue to clean your lids at least twice each week to help prevent the blepharitis from returning.