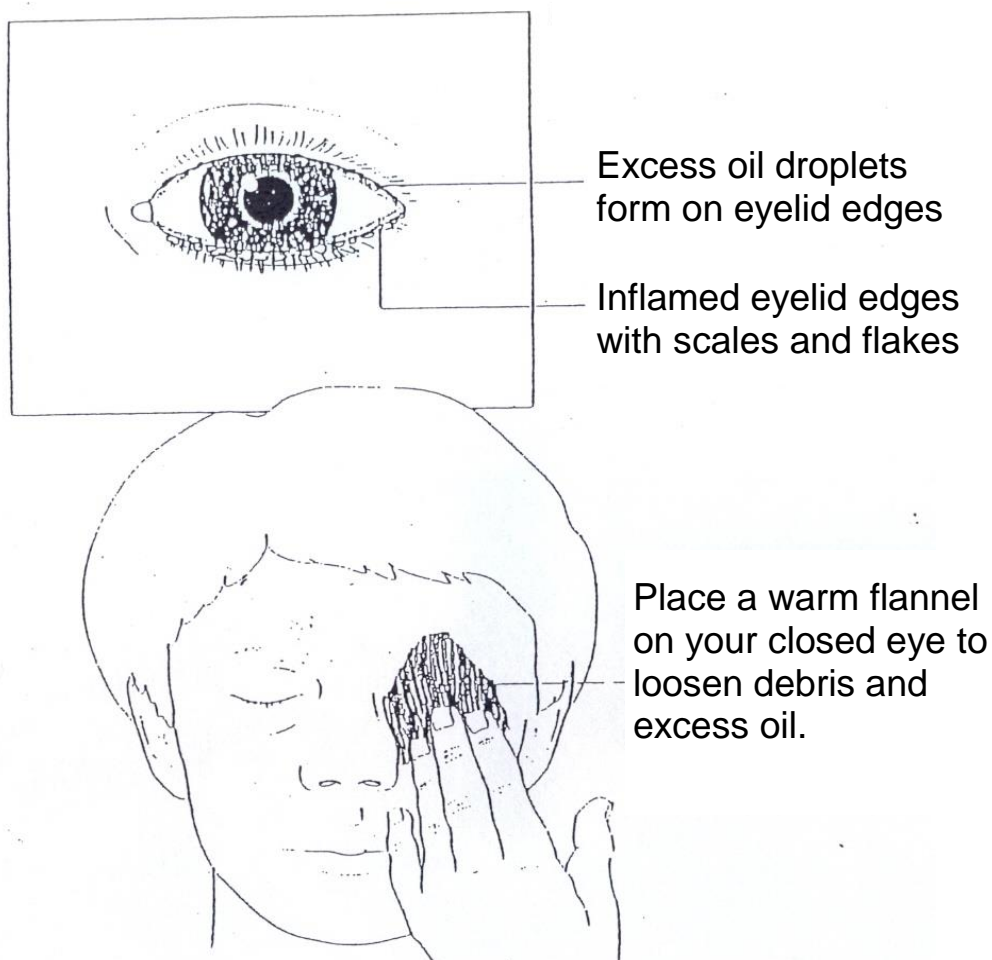


Patient information

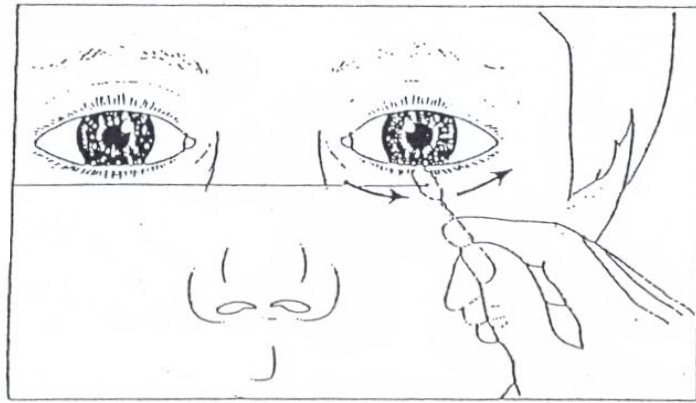
Blepharitis

What is blepharitis?

Blepharitis is the inflammation of the edge of the eyelids which disturbs the tears on the surface of the eye causing gritty irritation and redness.



Moistened cotton
wool bud



Treatment

- 1 **Warm compresses:** Apply a hot flannel for 5 minutes twice a day over closed eyelids to loosen oily secretions.
- 2 **Lash cleaning:** Firmly rub the base of your eye lashes for 2 - 3 minutes with a cotton bud dipped in cooled boiled water. This removes crusts, debris and excess oily secretions. For particularly crusty eyelids you may find two teaspoons of bicarbonate of soda added to one part cooled boiled water beneficial.
- 3 **Lid massage:** Massage downwards on your top lids and upwards on your lower lids to encourage your glands to work.
- 4 **Antibiotics:** These may be required if the condition is severe.
- 5 **Artificial tears:** These may help; bottles of artificial tears may be purchased over the counter at chemists and may help.
- 6 **Avoid wearing eye makeup:** This may be preferable.

You must persist with all of the above twice a day for a few weeks before you notice any effect. If symptoms improve reduce the frequency.

If you wish to contact the **EYE DEPARTMENT**

Telephone 01284 713815 or 01284 712636

Monday to Thursday 9:00 am to 5:00 pm and Friday 9:00 am to 1:00 pm

At the weekend and out of hours:

Telephone 01284 713000 and ask to speak to the 'on call' ophthalmic doctor.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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