

# Lid Hygiene

## advice for Patients

BLEPHARITIS is the inflammation of the eyelid margins. There are several different types of blepharitis, sometimes it can be combined with blockage of eyelid glands. These glands open on to the edges of the lids and produce an oil which is an important component of the tears. Blepharitis can be troublesome since it can recur.

You can help relieve the irritation by using some or all of the following measures.

The treatment described will help to control your condition. It is not a cure. It will take 4-6 weeks before treatment starts to be effective. Perseverance is essential.

## **Treatment**

### **Hot Compresses**

Hold a clean flannel / cotton wool soaked in comfortably hot water against the closed eyelids for 5 minutes.

(You will need to reheat the flannel in hot water as necessary when it cools). This melts the oils in the blocked glands.

NEVER share flannels with others.

## **Lid Massage**

Using a finger firmly strokes the skin of the lids towards the lashes, i.e. downwards for the top lid and upwards for the bottom lid:

Massage (as above) the whole width of the eyelids. This helps unblock the meibomian glands and expresses the oils.

## **Cleaning**

Clean away any crusts that are present on the eyelids particularly around the roots of the lashes using fresh cotton buds dipped in cooled boiled water or diluted Bicarbonate of Soda. (Dilute quarter teaspoon of Bicarbonate of Soda with half cup of freshly cooled and boiled water). Prepare a fresh solution each day. If this is not suitable for you, there are commercially available lid wipes, foams and solutions also.

- Do use a bud once only
- Do not dip a used bud into your solution
- Do not use buds from eye to eye



Author: Mrs. S. Joseph  
Associate Specialist