

BLEPHARITIS & CONJUNCTIVITIS

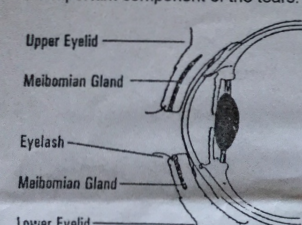
Tuesday 15/03/16

If conjunctivitis in Left Eye. Cherry an OTC product is CHLORSIG

rinse eyes

INTRODUCTION

You have a condition of the eyelids called **BLEPHARITIS**. It is not sight threatening, but can be particularly troublesome since it can recur. There are several different types of blepharitis all of which are due to inflammation of the eyelid margins, sometimes combined with blockage of the Meibomian glands. These glands open onto the edges of the lids and produce an oil which is an important component of the tears.



Upper Eyelid
Meibomian Gland
Eyelash
Meibomian Gland
Lower Eyelid

YOU can help relieve the irritation by some or all of the following measures, as instructed by the doctor or nurse. These should be performed **TWICE** daily followed by instillation of drops and ointment (if prescribed). Not all patients require medications.

The doctor or nurse will instruct you as to which of the following steps and preparations are appropriate for your type of blepharitis and will mark the relevant box(es). The regimen 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

1. HOT COMPRESSES

Hold a clean flannel 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.

2. LID MASSAGE

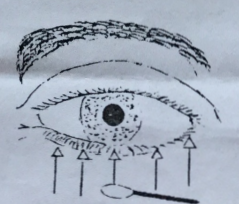
Using a:

- finger or
- cotton bud

firmly stroke 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.

3. 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 only
- a sodium bicarbonate solution*
- diluted baby shampoo*

*see separate preparation instructions overleaf.

- **DROPS**

Apply any eye drops prescribed before any eye ointment and as often as instructed by the doctor.

- **OINTMENT**

Apply ointment as often as prescribed and always to the outer edge of the eyelids.

- **ANTIBIOTICS**

Some forms of blepharitis require a course of antibiotic tablets, sometimes for several weeks. These should be taken as instructed. If they cause any side effects, stop the tablets and consult your General Practitioner as soon as possible.

SODIUM BICARBONATE SOLUTION

1. ¼ teaspoon of bicarbonate of soda into one cup of cooled boiled water. ?
2. mix fresh daily.

DILUTED BABY SHAMPOO

1. 1 drop of baby shampoo to 1 cup of cooled boiled water. ?
2. mix fresh daily.