

## Blepharitis

### What is Blepharitis?

Blepharitis or chronic inflammation of the eye lid is a very common and distressing condition. The symptoms can be mild and consist simply of a gritty sensation and sore eye lids (the most common type). Or, it may be more severe and cause deformity of the eyelids resulting in the eye lashes growing inwards.

Blepharitis is commonly associated with dry skin e.g. eczema and psoriasis. Styes on the eye lids are much more common if blepharitis is present.

### Can it be Cured?

It is not possible to cure blepharitis, however, symptoms can be alleviated by a number of mechanical and medical means. The aim of treatment is to:

1. Keep lids clean - bathing to remove crusts and scales is important.
2. Treat the infection - antibiotic ointment to eyelid area to prevent secondary infection.
3. Replace tears - artificial tears may be needed to alleviate symptoms.

### Bathing the Eye Lids

Try this simple procedure.

First, bathe the eye lids. If sore eyes or a gritty feeling persists after regular bathing, it is important to consult your doctor. Ointment or artificial tears may be required to alleviate symptoms.

### How to Bathe the Eye Lids

1. Firstly, wash your hands.
2. Close both eyes, apply warm compresses to eyes - 2 minutes.
3. Eyelid massage (gentle).
4. Use Johnsons Baby Shampoo: 5 drops of shampoo in half a cup of boiled water

OR

- 1 teaspoon of bicarbonate of soda in half a litre of boiled water.
5. Cool mixed solution before use.
6. Use cotton buds or lint-free gauze- gently scrub eyelid edges and eye-lashes.
7. Rinse with cold water 2 or 3 times daily when irritated and daily when not irritated.

**Acknowledgements**

This information was prepared by staff of Sydney Hospital and Eye Hospital in conjunction with Multicultural Communication.

If you need help making phone calls in English, ring the Translating and Interpreting Service (TIS) on 131 450.

You can find more health information in your language on the Multicultural Communication website at <http://www.mhcs.health.nsw.gov.au>

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.