

OBSERVATORY

THE OPTICIANS

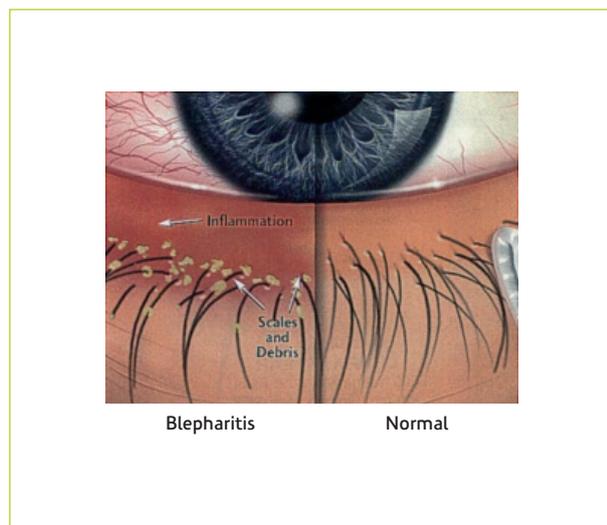
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Blepharitis

This is a very common inflammatory condition of the eyelids. It is not a sight threatening disorder and tends to be on going. It can affect people of all ages.

There are several types of Blepharitis all of which are due to irritation and swelling of the eyelid margins and can sometimes be combined with a blockage of the Meibomian glands (oil glands within the eye lids).



Signs & symptoms

- Red, inflamed eyelids
- Itching, irritation, discomfort
- Crusting around the eye lashes
- Tiny flakes or scales on the eyelids resembling fine dandruff

The symptoms can be relieved by a combination of some of the following:

Hot compresses

This can be done with a clean face cloth soaked in hot water or an MGD Rx Eyebag which can be heated up in the microwave. They should be held against your closed eyelids for 5 minutes, being careful that the

temperature is not so hot that it burns the skin. Repeat this procedure twice a day. This treatment aims to help melt the oils in the blocked glands allowing the oils to flow more freely.

Lid massage

Firmly stroke the skin of the eyelids towards the base of the lashes. Continue to do this to the whole width of the eyelid top and bottom. You can massage the lids using either a clean cotton bud (separate one for each eye) or the tip of your finger (wash your hands prior to massage).

This will help to unblock the oil glands and express the oils.

Cleaning

Use a solution of either:

- Pinch of Bicarbonate of Soda in a cup of cooled boiled water
- A teaspoon of 'no tears' baby shampoo in a cup of cooled boiled water
- Or specially formulated solutions such as Lid Care.

Dip a clean cotton bud in the solution and clean away any crusts present on the eyelashes. A cosmetic or magnifying mirror may be helpful. Do not clean inside the eyelids as this will make them sore. Use a clean cotton bud for each eye and repeat the process twice a day using fresh solution each time.

Alternatively, lid hygiene wipes such as Supranettes can be used in the same way.

Antibiotics

Some forms of Blepharitis require a course of antibiotics, this usually comes in ointment form and can be prescribed by your G.P.