

TREATMENT FOR BLEPHARITIS

What is blepharitis?

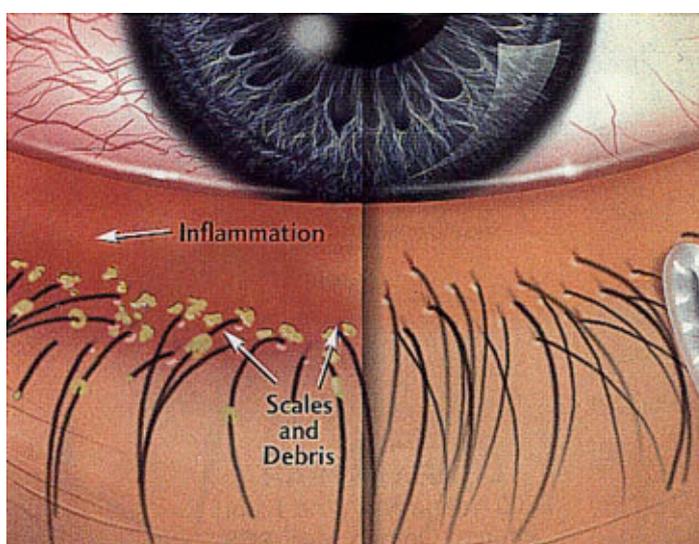
Blepharitis is a common inflammatory eye disorder, which affects your eyelid margins and leaves debris on your eyelashes. If left untreated, the debris (germs living on the eyelids) can build up and look like **dandruff**, crusting at the roots of the lashes, which can cause red sore eyes.

Why do I have blepharitis?

It just happens; it is not anything you have or have not done.

Will it cause problems?

Blepharitis is usually harmless, but can cause problems if left untreated. Some people have unpleasant irritation causing red eyes, and a “gritty” feeling due to the eyes being dry (lack of natural tears), more noticeable when using computers or reading. But occasionally the eyes are watery.



What is the treatment?

The treatment is described below. The **TWICE DAILY** warm compresses and eyelid hygiene routine gradually helps remove the debris on your eyelashes. Over time, this will keep the condition under control, so be patient and keep up the good work.

It is important that you carry out this routine as instructed by *Dr Rehman Siddiqui* to keep your blepharitis under control. Keeping it under control will also help ensure that any planned eye surgery is not cancelled.

(1) Warm Compresses

Soak a clean towel in hot water. Test it at the back of your hand to ensure it is not too hot. Place the towel on your closed eyelids (with gentle compression) for 5-10 minutes. You may soak it in the hot water repeatedly to ensure it is sufficiently warm.

(2) Lid Hygiene

What do I need?

- Clean mineral water
- Baby shampoo Johnson's (or any make)
- Cotton buds & a mirror.

Step 1

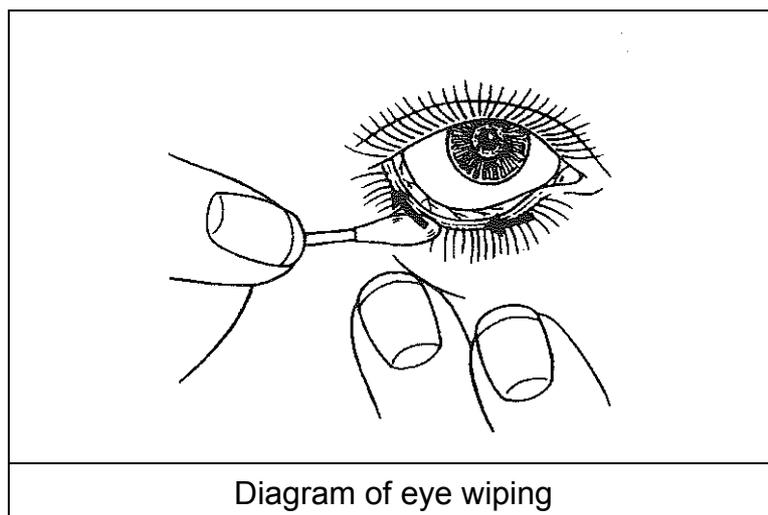
Mix **1 drop** of shampoo with **10 drops** of mineral water in a small container.

Step 2

Wash your hands before you start. Dip the cotton bud in the solution. Wipe the cotton bud across the **base** of your eyelashes from the nose side outwards using a firm action to help lift off the debris. (Use a mirror if doing this yourself or get someone to help you).

Step 3

Repeat this action at least six times with a fresh cotton bud, cleaning both top and lower lashes.



Step 4

Now repeat this on your other eye starting at Step 1. If you were prescribed drops or ointment, put these in **after** your lid hygiene.

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.

Dr. Rehman Siddiqui

MBBS, MSc(UK), MRCS(UK), MRCOphth(UK), FRCS(UK), FRCOphth(UK)

For more information about other eye conditions please visit:

<http://www.rehmansiddiqui.com>

Gulshan-e-Iqbal 0321.2894547

Clifton 0302.8291799