

Managing Blepharitis



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Blepharitis is a term used to describe inflammation of the eyelid margins, the edges of the eyelid. It affects around half of the population and is probably the most commonly encountered eye disease. It is linked to a number of other ailments including many skin conditions.

Symptoms include:

- Dry, gritty, tired eyes
- Itchy skin around the eyes
- Redness in the eye and a red rimmed appearance
- Crusty eyelids especially on waking
- Difficulty wearing contact lenses comfortably
- Recurrent styes and cysts

Good lid hygiene is important for healthy eyes and once controlled, maintaining healthy eyelids is straightforward to do at home if you follow these five tips.

- 1. Omega 3:** to improve the quality of the oils produced by the eyelids and reduce inflammation.
- 2. Warmth:** to soften any debris in the lashes and any stagnant oil stuck in the glands. Microwaveable eye bags are recommended to achieve the correct temperature and provide the sustained heat that is required. Do this for at least five minutes.
- 3. Massage:** 30 seconds of massage per eyelid will encourage any blocked glands to open and express their oily contents and realise any blockages.
- 4. Lid cleaning:** use medicated lid wipes, solutions and foams to clean away debris. The gentle antibacterial agents can also help deal with infection.
- 5. Artificial tears:** to provide lubrication that will soothe your eye and reduce many of the symptoms you are experiencing. Ensure they are good quality and non-preserved.

Your optometrist can provide a personalised management plan for your treatment including an in-practice intensive deep cleaning process. Further information is available at cameronoptom.com/blepharitis

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