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tel +27 21 558 4696 : fax 086 678 5318 : [www.nhoptometrist.co.za](http://www.nhoptometrist.co.za)

## **Blepharitis**

Blepharitis is an inflammation of the eye lids. It can be difficult to manage because it is often chronic, meaning that it never goes away completely:

- 1) Apply a warm compress such as a washcloth to the outer eyelids.
- 2) Cleanse the eyelids with a commercial lid scrub or other recommended product.
- 3) Gently massage the outer eyelids.

### **Warm compress:**

A warm compress loosens the crust on your eyelids and eyelashes before you clean them. The warmth also can loosen any blocked residue in the oil-secreting meibomian glands in your eyelids.

1. Wash your hands, then dampen a clean washcloth with warm water.
2. Place the washcloth over your closed eyes for several minutes.
3. Open your eyes, and then use fingers to rub gently around the outer eyelids in a circular motion. Don't press too hard on the eyeball.
4. When you first begin treatment, do this several times daily, for about five minutes each time. Later on, you might apply the compress once daily for a few minutes.

Cleaning the eyelids is essential to blepharitis treatment:

### **Lid Scrubs:**

#### **Reference:**

The College of Optometrists, the professional, scientific and examining body for optometry in the UK. People who are our members agree to meet the highest clinical and ethical standards. Look for the letters MCOptom to see if your optometrist is a member.



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There are several ways of performing lid scrubbing. You can choose whichever one you are most comfortable with. The scrubbing should be directed at the base of the eyelashes on the eyelid margin.

**Reference:**

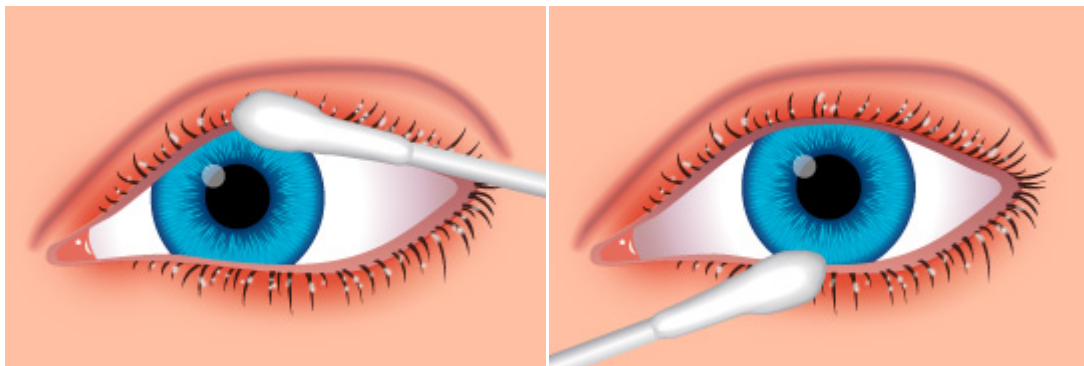
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### Johnson's Baby Shampoo:

1. The baby shampoo is first diluted one-to-one with water: empty half of the shampoo into another container for later use and top up with water. Mix well.
2. With the clean fingertips apply some of the mixture in a gentle oval scrubbing motion to the margin and eyelash bases of the closed eyelid for 1 minute, followed by a fresh water facial rinse.
3. Alternatively, a cotton tip applicator may also be used. Gently wipe across your lashes and lid margin. Repeat the process for your other eye, but use a different applicator. Rinse with cool water.



Reference: <http://www.allaboutvision.com/conditions/blepharitis.htm#ixzz1QMmTtw00>

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