



Eyecare because we care

Blepharitis & Dry Eyes

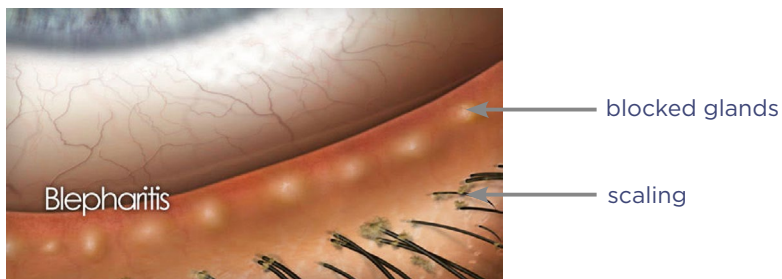
What is Blepharitis ?

Blepharitis is a common inflammation of the eyelids. It is a chronic (long-term) condition which means it may come back even after it has cleared up. Symptoms can be eased by keeping your eyelids clean.

THERE ARE 2 TYPES OF BLEPHARITIS:

Anterior Blepharitis - this can be caused by bacteria on the eyelids and affects around the eyelashes

Posterior Blepharitis - this is also called Meibomian Gland Dysfunction (MGD) as the Meibomian Glands on the lid margin can get blocked. These glands produce part of your tears.



As we get older these glands get blocked more easily, but Blepharitis can occur at any age.

WHAT ARE THE SYMPTOMS?

- Red and inflamed eyelids
- Crusting around the lashes
- Eyelids sticking together (especially in mornings)
- More prone to styes
- Gritty and sore eyes (as the tears are affected)

DAILY ROUTINE

1 WARM COMPRESSES

This works by warming the material blocking your glands and loosens the crusts on the eyelashes.

This can be done by:

- a) Soaking a clean flannel or cotton wool pad in hot (but not boiling water) against your closed eyelids for 5 minutes, rocking it gently to loosen the debris. You can then clean your lids. Use a clean pad for each eye
 - b) Purchasing a re-usable eyebag, which can be heated in the microwave and cleaned after use.
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2 LID CLEANING

Following the warm compresses it is important to clean away the debris from your eyelids

There are various wipes/solutions available, your Optometrist can recommend what would be most suitable. Using the wipes/solutions, with a closed eye wipe from the inside (near your nose) to the outside corner of your eye.

Perform this twice daily initially and reduce to once a day as condition improves.

3 LUBRICANTS

Blepharitis can cause your eyes to produce less tears. This will give a gritty and sore feeling. If eyelid cleaning does not resolve these symptoms you may need to use artificial tear drops.

These can be purchased from your Optometrist, Pharmacist or prescribed by your GP. They will be happy to discuss the artificial tear best suited to you.

Do not use artificial tears when wearing your contact lenses, and consult your specialist if you are already using eyedrops for other conditions (such as glaucoma).

HOW DO I LOOK AFTER MY EYES?

- 1** Avoid Eye make-up
- 2** Avoid Smoky/Dusty atmospheres
- 3** Clean your eyelids regularly
- 4** Use lubricants if your eyes feel dry

WHAT IF MY CONDITION WORSENS?

Consult your Optometrist or GP if you feel that your vision is reduced or your eyelids are infected.

Notes: