

General support

For general medical advice please use the NHS website, the **NHS 111** service, walk-in-centres, or your GP.

NHS website provides online health information and guidance www.nhs.uk

There are walk-in and urgent treatment services at Brighton Station, Crawley Urgent Treatment Centre, Lewes Victoria Hospital, Horsham Minor Injuries Unit and Bognor Regis War Memorial Hospital.



University
Hospitals Sussex
NHS Foundation Trust

Blepharitis

Advice for patients seen
in the Emergency Department

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This leaflet is intended for patients receiving care in Brighton & Hove, Haywards Heath, Shoreham, Worthing or Chichester

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Patient information

You have been diagnosed as suffering from Blepharitis?

Blepharitis is when the eyelid edges, where the lashes grow from, become inflamed. Blepharitis can be kept under control but can also flare up from time to time, particularly if you are run down or have recently been unwell. Although it sounds very serious, it is not. It is responsible for a variety of other minor eye conditions and irritations and can lead to crusting of the margins of the eyelids or little cysts forming on the eyelid itself.

It is actually very common and more of a nuisance than anything else. It will not affect your sight. A great many people who come to the eye hospital suffer from it including the staff themselves. There is no actual cure for blepharitis.

The best anyone can do is to keep it under control and stop your eyelid margins from becoming very inflamed. The best way to keep blepharitis under control is to ensure the eyelid margins are kept clean.

How to stop the eyelids becoming very inflamed

- First of all, wash your hands.
- Next, clean the base of the eyelashes using cotton buds dipped in a solution of bicarbonate of soda, a half teaspoon to a half pint of water, or one drop of baby shampoo to a cup of warm water.
- Repeat this 2 or 3 times a day until the blepharitis has settled.
- Once it has settled, reduce the treatment to once daily.

If you have been prescribed ointment, make sure you dry the lids thoroughly then apply a very small amount of the ointment the eyelid edges. Massage the ointment into the base of the eyelashes with either your finger or another cotton bud. The ointment should be used for a period of three weeks.

The best way to ensure the eyelids are kept free of crusting is to clean the lids daily until the blepharitis has resolved.

If you have any questions concerning your eye condition or its treatment, please do not hesitate to contact the eye hospital on telephone number **01273 664874**