



Blepharitis

Mr Kumar has diagnosed you with **blepharitis**. This leaflet explains what it is, why it occurs, and how it can be treated and prevented.

What is blepharitis?

Blepharitis is inflammation of the eyelid margins (the edges of the eyelids around the eyelashes). It is a very common condition and can affect people of any age. It is not contagious and symptoms often come and go over time.

Blepharitis usually affects both eyes and may be linked with dry eye problems

What symptoms does it cause?

Blepharitis may cause:

- Red, sore or swollen eyelids
- Crusting or flakes around the eyelashes
- Sticky eyelids, especially in the morning
- Burning, stinging, itchy or gritty eyes
- Watery or dry eyes
- Blurred vision that improves with blinking
- Sensitivity to light
- Discomfort wearing contact lenses

Some people also develop recurrent styes or chalazia (small eyelid cysts).

Why does it happen?

Blepharitis can occur for several reasons, including:

- Blocked oil glands in the eyelids (meibomian glands)
- Skin conditions such as eczema, rosacea or seborrhoeic dermatitis
- Sensitivity to bacteria that normally live on the skin
- Allergic conditions such as asthma or hay fever

The eyelids contain tiny oil glands that help keep the eyes moist. When these glands become blocked, the eyelids can become inflamed and irritated.

How is it treated?

There is no permanent cure for blepharitis, but regular eyelid cleaning can control symptoms and reduce flare-ups. Good eyelid hygiene is the most important treatment.

Try to clean your eyelids once or twice every day, even when symptoms improve.

Step 1: Warm compress - this helps soften oils and loosen crusts.

- Soak a clean flannel, cotton pad or eye mask in warm water
- Close your eyes and place the warm compress over your eyelids for 2–5 minutes
- Re-warm as needed

Step 2: Eyelid massage - this helps unblock the oil glands.

- Gently massage the eyelids towards the eyelashes: downwards for upper lids, upwards for lower lids

Step 3: Eyelid cleaning – to remove flakes and debris

- Sterile eyelid wipes or cleansing pads from a pharmacy, or



- Cotton wool buds dipped in diluted baby shampoo solution (1 part baby shampoo to 10 parts warm water)

Other measures that can be taken include:

- Avoiding eye makeup
- Avoiding contact lenses during flare-up
- Washing your hands before touching your eyes
- Replacing old eye makeup regularly
- Omega 3 supplements

Additional treatments

Some people may benefit from additional treatment including:

- Artificial tear drops for dry eyes
- Antibiotic ointment or drops
- Oral antibiotics

Mr Kumar will examine both eyes thoroughly and advise you accordingly. Some patients may require periodic reviews.

Blepharitis is a common condition causing inflamed, irritated eyelids with symptoms such as redness, crusting, itching and dry or gritty eyes.

Regular eyelid hygiene using warm compresses, gentle massage and cleaning can help control symptoms and prevent flare-ups.

If you need to make an appointment with Mr Kumar, please get in touch with his team on:

Email: secretaryeyedoctor@gmail.com

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