

# Blepharitis

**Ophthalmology Department  
Surgical and Critical Care Group**

**This leaflet has been designed to  
give you important information  
about your condition / procedure,  
and to answer some common  
queries that you may have.**



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# Information for patients and visitors

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## Introduction

The purpose of this leaflet is to give you information about the condition, Blepharitis.

We hope that it will answer a lot of your questions, but please feel free to ask questions from any of the health professionals that you see.

## What is Blepharitis?

Blepharitis is not sight threatening and is detected during a routine examination of the eyelids and eyelashes. It is an inflammatory condition that affects the eyelids and usually causes itching and irritation. The eyelids can appear red and swollen with crusty or flaky skin around the edges of the lids.

## Prevention and Treatment

Once a person has blepharitis it will always be present although the severity may change over time. Severe cases may also cause styes and inflammation of the cornea and conjunctiva yet in others there are no symptoms at all. In some cases, symptoms can disappear for months or years before returning.

Blepharitis is usually a chronic condition and can be controlled with a good eyelid hygiene regime. There are several different types of blepharitis and in some cases hot compresses and lid massage treatments may be recommended and medications prescribed. The doctor or nurse will advise which course of action is suitable for an individual. Perseverance and patience are important as it will take a few weeks before the effects of treatment are noticed.

## Eyelid hygiene regime

The key to controlling the condition is to keep the eyelids and eyelashes clean thoroughly

cleanse the edge of the eyelids and remove any crusts, paying particular attention around the roots of the eyelashes using the following regime referring to the picture below:

- Hands should always be washed first
- Use cotton buds dipped in warm cleaning solution (see below)
- Use the cotton bud once and discard
- Several cotton buds may be required for each eyelid
- Avoid placing a used cotton bud back into the cleaning solution
- Do not clean inside the eyelids
- 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

## Cleaning solution

A person may use sodium bicarbonate solution or diluted baby shampoo. A fresh solution should be prepared each day as follows:

### Diluted baby shampoo

Dip the tip of a clean cotton bud into baby shampoo and mix this into half a cup of water.

### Sodium bicarbonate solution

Add a quarter teaspoon of sodium bicarbonate to a cup of water and mix thoroughly.

## Other medications

It is important to use all medications as prescribed by the doctor.

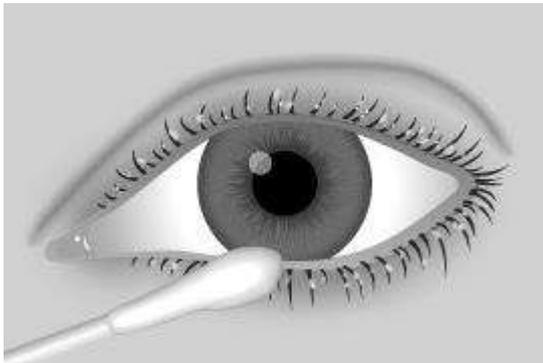


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Eye drops should be instilled before any ointment is applied. Ointment should be applied to the outer edges of the eyelids and gently massaged into the base of the eyelashes. Antibiotics may need to be taken for several weeks and the course of tablets should always be finished. If any side effects are experienced, the tablets should be stopped and your GP contacted as soon as possible.



Use a cotton-tipped swab to apply cleaning solution recommended by your eye doctor. Rub gently around the edges of your lower eyelids, but do not get cleaning solution in your eye. By pulling the eyelid down and looking up may allow better access to the lash roots where the debris is located.

### Reference section

International Glaucoma Association (2014)  
Blepharitis International Glaucoma  
Association available at:  
<http://www.glaucoma-association.com/other-eye-conditions/blepharitis.html>

### Contact details for further Information

For further information please discuss with the person providing your care.

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

#### For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

#### For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

### Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.



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## **Zero Tolerance - Violent, Threatening and Abusive Behaviour**

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

## **Risk Management Strategy**

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

## **Moving & Handling**

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust,

please speak to a member of staff in the ward or department you are visiting.

## **Northern Lincolnshire and Goole NHS Foundation Trust**

**Diana Princess of Wales Hospital**  
**Scartho Road**  
**Grimsby**  
**01472 874111**

**Scunthorpe General Hospital**  
**Cliff Gardens**  
**Scunthorpe**  
**01724 282282**

**Goole & District Hospital**  
**Woodland Avenue**  
**Goole**  
**01405 720720**

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

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