



Glaucoma
UK

glaucoma.uk

Blepharitis



Glaucoma UK is a registered charity that is here for everyone living with glaucoma throughout the UK.

- We raise awareness of glaucoma so that it is detected and treated early.
- We campaign for effective services for everyone affected by glaucoma.
- We provide advice and support to help people live well with glaucoma.
- We fund vital glaucoma research.



Campaigning & Awareness

Fewer people go blind



Advice & Support

People with glaucoma live well and stay well



Research

Better diagnosis, care and treatment

What is blepharitis?

Blepharitis 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.

Blepharitis is not sight threatening and is often detected during a routine examination of the eyelids and eyelashes.

Once you have blepharitis it will always be present although the severity may change over time. Blepharitis is caused by inflammation of the skin and or inflammation of the meibomian glands which are found along the eyelid margin at the base of the eyelashes.

Blepharitis is not a contagious condition and cannot be transferred by using the same towel.

Blepharitis is usually a chronic condition and it can be controlled with a good eyelid hygiene regime. There are several different types

of blepharitis and in some cases your eye health professional may recommend hot compresses and lid massage treatments or may prescribe medications. Your eye health professional will advise which course of action is suitable for you.

Perseverance and patience are important as it may take a few weeks before you notice the effects of any treatment.

Blepharitis showing crusty and flaky skin on the eyelids.

How to control blepharitis

- The key to controlling the condition is to keep your eyelids and eyelashes clean
- Always wash your hands first
- Use cotton eye pads dipped in warm, previously boiled water
- Use each cotton eye pad once on one eye only and then discard
- Several cotton eye pads may be required for each eyelid

- Never place a used eye pad back into the cleaning solution
- Do not clean inside eyelids
- Thoroughly cleanse the edge of eyelids and remove any crusts, paying particular attention around the roots of eyelashes
- Various eyelid-cleaning solutions and eyelid wipes are available commercially, or you can try making one at home.
- You may be advised to use sodium bicarbonate solution or diluted baby shampoo. You should prepare a fresh solution each day as follows:
 - Sodium bicarbonate solution Add a quarter of a teaspoon of sodium bicarbonate to a cup of cooled boiled water and mix thoroughly.
 - Diluted baby shampoo Dip the tip of a clean cotton bud into baby shampoo and mix this into half a cup of cooled boiled water. Opinions vary about the use of diluted baby shampoo and you should be advised by your ophthalmologist.
- There is no single treatment for blepharitis. As well as the above

measures there are a number of new treatments and procedures for blepharitis which are currently being evaluated.

Remember

There is no connection between blepharitis and glaucoma. However, many people with glaucoma suffer from blepharitis which is why Glaucoma UK have produced this leaflet.

Blepharitis can result in a dry eye due to evaporation of the tear film. In these cases lubricant tear drops and ointments may be helpful to relieve symptoms. These can be purchased without prescription in a pharmacy.

Further help and information from Glaucoma UK

Contact Glaucoma UK for further information or advice:

Glaucoma helpline: **01233 64 81 70** or **helpline@glaucoma.uk**

Monday-Friday 9.30am-5.00pm

About Glaucoma UK

- We fund sight-saving research into the early detection and treatment of glaucoma
- We campaign to raise awareness of glaucoma so that no one loses their sight needlessly
- We provide support that helps people to live well with glaucoma

Each year in the UK over 11,000 people are diagnosed with glaucoma. We are committed to providing our services free of charge to anyone who needs them. It is only through the generosity of our supporters that we can do this.

- make a donation by calling **01233 64 81 64** or donate online at www.glaucoma.uk
- become a member for £17.50 a year. Join online or call **01233 64 81 71**

Your support will make a difference to people with glaucoma today and will protect future generations from unnecessary glaucoma sight loss.

This free leaflet is brought to you by **Glaucoma UK** (formerly the International Glaucoma Association). Contact Glaucoma UK for further information or advice:

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A list of references is available upon request

Whilst every step has been taken to compile accurate information and to keep it up to date, we cannot guarantee its correctness and completeness.

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