

This is an inflammatory condition, affecting the base of the eyelashes (lid margins); the cause is often unknown.

What you will notice?

- Red inflamed eyelids
- Crusting around the eyelashes with itching and discomfort

Lid Hygiene

1. Wet a cotton wool bud with warm boiled water.
2. Scrub the edges of your eyelids (where the lashes are growing from) for one minute. Each lid twice a day.

Upper Lids

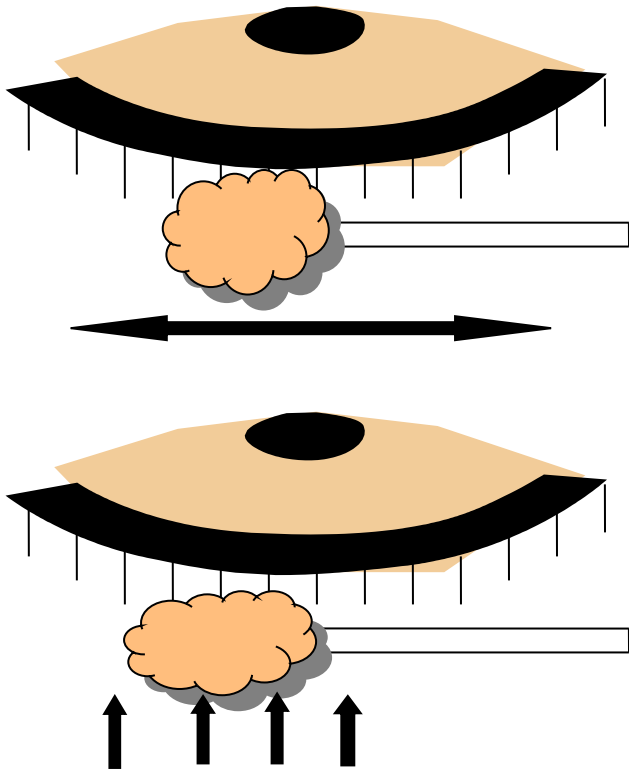
Close the eye gently

Scrub across and downwards (see pictures below)



Lower Lids

Look upwards
Scrub across and upwards
(See pictures below)



This treatment should be done every morning and evening, unless otherwise instructed by the doctor. Blepharitis is an ongoing problem; regular lid hygiene helps to keep this condition under control.

Where can I obtain further advice?

If you require further information or advice please contact: -

Eye Outpatient Department on: -
Tel. No: - 01633 – 656268
Between 8.30am – 5.00pm

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**