

**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

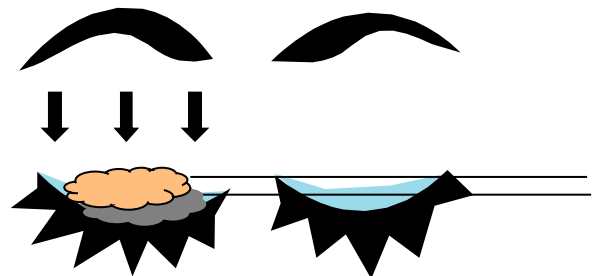
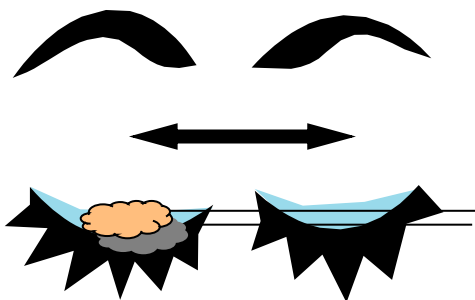
**Lid Hygiene**

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**

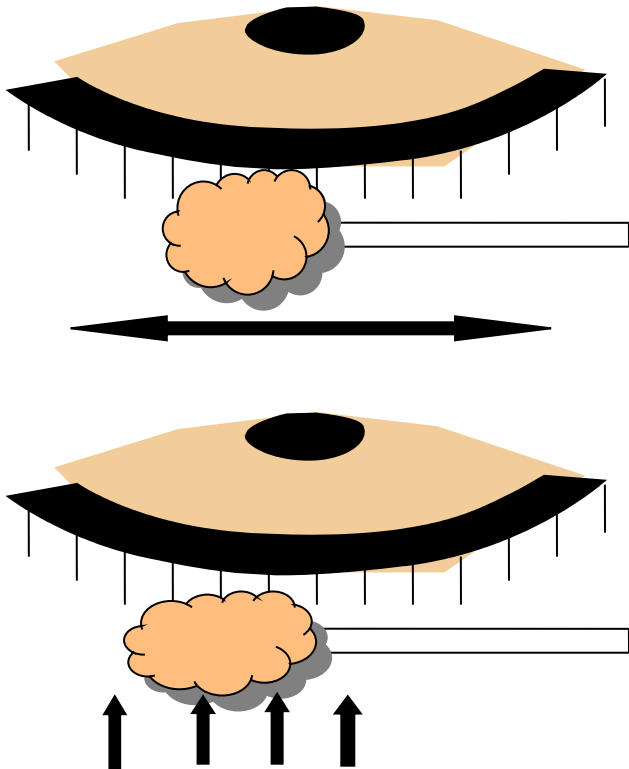
Close the eye gently

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”.**