

How do I clean my eyelids?

1. Wash your hands

Wash your hands well with some clean water and soap.

2. Use hot compresses

Soak a flannel / washcloth in warm water (make sure the water is not too hot). Close your eyes and gently press the flannel against them for three to five minutes. This will help to soften any hardened oil secretions.

3. Do some eyelid massage

Massage your eyelids using your forefinger. Move in a downward motion for the upper eyelid and an upward motion for the lower eyelid.

4. Perform lid hygiene

Add 2 drops of baby shampoo into a small cup of cool, boiled water (~ 50 mls). Soak a cotton bud in the water. Use the cotton bud to clean your eyelids. Gently rub the cotton bud along the edge of the lower lid. It helps to tilt the lid outward using a finger from your other hand. The upper lid is more difficult to clean. It is best done with the eyelid closed and pulled slightly over the lower lid – this ensures that you don't poke yourself in the eye.

5. Apply prescribed drops or ointment

Itchy, flaky, painful eyelids?

See an eye doctor today if your eyes
always feel uncomfortable.



Blepharitis

(BLEF-UH-RYE-TIS)

Contact us

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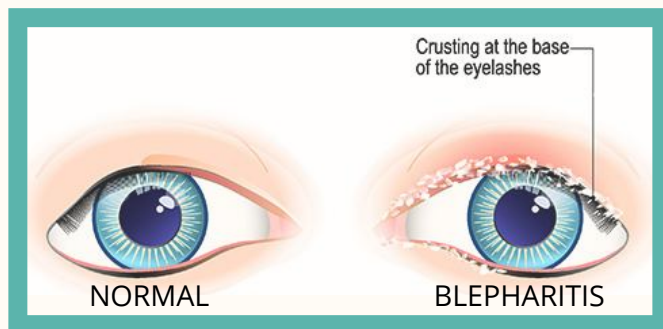


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What is blepharitis?

Blepharitis is an inflammation of the eyelids. It can affect people of any age, but is more common in the older population. It occurs due to an overgrowth of bacteria that live along the margins of the eyelid and base of the eyelashes. Over time, they multiply and create a bio-film which encourages the growth of parasitic eyelash mites called Demodex. This in turn causes worsening of the eyelid inflammation.



What are the signs and symptoms?

- Red eyes
- Gritty, burning or stinging sensation
- Watery eyes
- Greasy and itchy eyelids
- Red, swollen eyelids
- Flaky skin around the eyes
- Crusted eyelashes upon awakening
- Sticky eyelids
- Eyelashes that grow abnormally
- Loss of eyelashes

What treatments are available?

Blepharitis is a long-term condition. There is no cure but symptoms can be improved and controlled. It may take some time before treatment is successful. Left untreated, it may lead to dry eyes, cysts and conjunctivitis. Your ophthalmologist will be able to advise you on the best treatment options which may also include:

- Warm compresses
- Eyelid scrubs
- Antibiotics
- Medicated eyedrops

Some of the following measures may be recommended to ease your symptoms:

- Lid hygiene to remove crusts and scales from the eyelid margins and unblock the eyelid glands. To begin with, you may need to clean your eyelids twice a day. In the long-term, you will need to clean them at least two to three times a week as a preventive measure.
- Artificial tear drops may also be used to treat dry eye symptoms and tear film instability.

Your Eyes – Your Windows to the World

KEEP THEM CLEAN

