



Blepharitis

Blepharitis is an inflammation of the lid margins. It is a very common eye disorder and the exact cause is unclear. Treatment is normally aimed at controlling the symptoms, as complete eradication of the condition may not be possible. Lid hygiene is the most important aspect of treatment.

The following lid hygiene treatment should be undertaken four times a day and then daily as the condition is brought under control (Kanski 1997, p74):

Suggested treatment regime:

- Apply warm compresses to the eye every two minutes
- Massage your eyelid
- Apply an eyewash to the eye made from five drops of Johnson's Baby Shampoo in half a cup boiled water OR one teaspoon of bicarbonate of soda in half a litre of boiled water. Make sure that the mixture has cooled before applying. Apply the wash using cotton buds, and be sure to scrub the eyelid edges and eyelashes
- Rinse with cold water.