



## BLEPHARITIS

### WHAT IS BLEPHARITIS

It is an inflammation of the eye lid margins (around the roots of the eye lashes). The eyelids contain glands which produce an oily secretion that helps to lubricate the surface of the eye. When these glands are not working properly, blepharitis can develop.

### TREATMENT - LID HYGIENE

You may be given drops or ointments to use in the short term, however it is important to adopt the lid hygiene which may be required long term.

### TREATMENT - LID HYGIENE

- Mix 6 drops of baby shampoo into a cup full of lukewarm water.
- Use a cotton bud dipped in the shampoo solution, remove excess fluid from the bud, and gently scrub the eyelid margins at the root of the eyelashes.
- Repeat this several times.
- Take care to avoid the shampoo going into the eyes.
- This treatment should be carried out in the evening for minimum of 6 weeks.
- Once it is under control, lid hygiene should be continued as part of the daily routine.



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