



## Blepharitis

Blepharitis is a chronic inflammatory condition of the eyelids and its margins. It is usually a bilateral condition.

### Causes

- Malfunctioning or clogged oil gland in the eyelids
- Chronic bacterial infection.
- Associated with dandruff, poor hygiene, eczema or allergy to drug or make-up
- Acne rosacea

### Signs/Symptoms

- Redness, tearing, dryness, irritation, burning sensation
- Swollen and itchy eyelids, crusting and scales on eyelids and lashes, or loss of lashes
- Associated with stye and chalazion formation

## **Treatment**

- Hot compression
- Intensive lid hygiene
- Eye medications and/or systemic antibiotic if indicated

## **Method of hot compression**

Hot compression can help relieving symptoms and reduce eye discomfort.

1. Wash hands with soap and water
2. Soak a clean face cloth in water as warm as the lids can tolerate. You can also test the temperature of water with your wrist
3. Apply to the closed lids for 10 minutes to soften the crusts at least twice a day
5. Apply eye ointment or eye drops if indicated

## Method of lid hygiene

1. Following hot compression, clean eyelid margin and lashes twice a day with clean cotton pads soaked with either one of the follow solutions:

(1) cooled boiled water

(2) diluted baby shampoo (1/2 teaspoon to 1/2 cup of cooled boiled water)



2. Use the soaked cotton pad with a side to side motion to scrub off the crusts and flakes on the lashes
3. Repeat step 1 and 2 until all crusts and flakes of skin are removed.
4. If an allergic reaction is noticed (e.g. eyelid redness, swelling etc) when using the diluted baby shampoo, please stop to using it immediately and seek medical advice as soon as possible

## Application of topical antibiotic ointment

Apply antibiotic ointment along lid margins according to the prescription, if indicated

## **Complication**

- Chronic conjunctivitis
- Misdirection of lashes
- Corneal infection
- Entropion (inversion of eyelid margin)

## **Remarks**

1. This is a chronic condition that can take weeks and months to manage.
2. Treatment should be continued for 2 to 3 weeks after apparent cure.
3. Commercial eyelid cleansing wipes can be used to substitute baby shampoo to clean the eyelids.

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*The information is for general education purpose and reference only.*

**Should you have any queries, please consult medical professionals**

**Specialty Advisory Group ( Ophthalmology )**

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