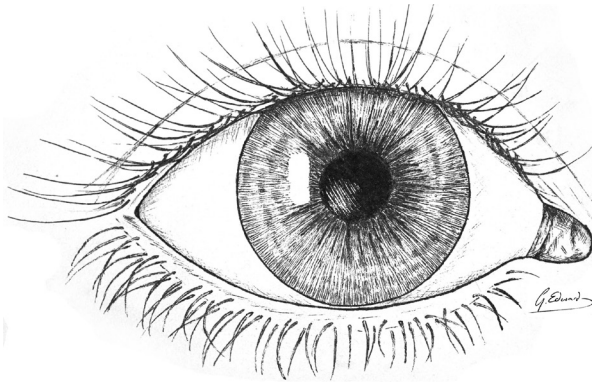


# Eyelid Cleaning (Lid Hygiene)

Ophthalmology



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



This leaflet is for patients with lid inflammation (Blepharitis). Blepharitis is a skin condition, which may be with you for the rest of your life. The treatment is aimed at minimising your symptoms and making you more comfortable. Lid hygiene should be a part of your daily routine as it will help to reduce inflammation.

## What causes the inflammation?

Oils and other products normally secreted by the eyelid, build up on the lid surface and eyelashes, and may cause inflammation. Sometimes this condition is associated with dandruff of the scalp and eyebrows.

## What are the signs and symptoms?

Some or all of the following may be present:

- Irritation
- Burning and itching eyelids
- Flaking skin at the lash root
- Recurring eye infections (conjunctivitis) and lid infections
- Redness of the eyelids
- Ingrowing eyelashes

## Why do I need to clean my eyelids?

Cleaning the eyelids and lashes aids the removal of any irritating substances, making the eye more comfortable and prevents recurring infections.

## How do I clean my eyelids? / Eyelid hygiene

### **Apply Heat and Massage:**

- Wash your hands before and after cleaning
- Use a warm compress to the affected eye by gently placing a cotton wool ball or facecloth that has been dipped in warm water (boiled-not boiling) and relax for 30 seconds. Repeat this several times a day followed by gentle lid massage. This will soften the debris and oils

### **Eye Bag:**

- These can be purchased from chemists

### **Eyelid hygiene:**

- Lid scrubs are highly recommended and prepackaged lid-scrub pads are now available from opticians and pharmacists

## **Is there anything else I can do to help my condition?**

- Avoid wearing eye make-up (if applicable)
- Keep your eyebrows and scalp clean
- Contact lens wearers may also find their lenses less comfortable whilst they have the condition and may find it more comfortable to wear a pair of spectacles whilst they are treating it

## **How long will it be before I notice any improvement?**

The redness and irritation should improve within 2-8 weeks of starting treatment.

## **How often do I need to clean my lids?**

Once daily, unless otherwise advised.

## **Are there any alternative treatments?**

Lid solutions can be used for lid hygiene which can be bought over the counter.

## **What happens if I do not clean my lids?**

The inflammation of the eyelids will not improve and may get worse. You may develop recurrent eye infections.

# What shall I do if I need advice or information?

We are here to help, so don't hesitate to ask or ring if you need advice or information.

## Contact:

### **Eye Referral Unit**

01902 695805

Mon - Fri 0845 - 1700 hrs

Outside of these hours, please attend the main Emergency Department or contact NHS Direct on telephone number 111.

If you have any personal access needs or require wheelchair access and wish to talk to a member of staff please get in touch using our contact details.

## References.

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- Key, James E. "A comparative study of eyelid cleaning regimens in chronic blepharitis." *Eye & Contact Lens* 22.3 (1996): 209-212.
- Bowman, R. Wayne, Joel M. Dougherty, and James P. McCulley. "Chronic blepharitis and dry eyes." *International ophthalmology clinics* 27.1 (1987): 27-35.
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## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。