



The Leeds
Teaching Hospitals
NHS Trust

Blepharitis / Eyelid Cysts

Information for patients



Leeds Centre for
Ophthalmology

What is Blepharitis?

This is the name given to inflammation of the edges of the eyelids. It is a common condition and can be present for many years before it is properly diagnosed.

It can give various symptoms such as gritty feeling, light sensitivity, tiredness, redness, dry eye, burning and a foreign body sensation.

It usually affects both eyes and can contribute towards styes (an infected gland at the base of the eyelash), eyelid cysts and dry eye discomfort.

Treatment of Blepharitis:

A combination of various treatment forms such as warm compressions, eyelid cleaning, artificial tears and antibiotics is usually enough to control symptoms.

It is very important to realise that while blepharitis will last for many years the symptoms can be kept under control by strictly following these treatment suggestions.

- **Firstly, wash your hands** before you follow the steps below.
- **Warming the eye lids with an EyeBag** (a bag of seeds that is heated in the microwave then rested against the eye lids for 10 minutes) has been shown to improve symptoms related to meibomian gland dysfunction, which is often the underlying problem in blepharitis.

These are available in many pharmacists or online.

- **Warm compressions/Massage** This loosens up the crusting at the eyelash base and makes cleaning more effective.
Use a clean hot flannel placed on closed eyelids for 5 minutes four times a day. Gently massage the lids while this is being done.
- **Eyelid cleaning** Dissolve one teaspoon of sodium bicarbonate in one pint of boiled water. Dip in a cotton wool bud and clean the base of the eye lashes as they come out of the eyelids. Be careful not to scratch the eye.

This should be done to all four eyelid margins and performed twice a day for 2 weeks to start with before reducing to once a day or less.

- **Artificial tears** There are many different types but a good one to use would be Liquifilm (drops), Hyabak (preservative free drops) or Geltears (Gel) used four times a day. They can help lubricate the eye and dilute the slightly acidic tears due to blepharitis. They can be obtained from any chemist.
- **Antibiotics** After having cleaned the eyelids, place a small amount of Fucithalamic antibiotic eye cream onto a clean fingertip and massage this into the base of the eyelashes. This should be done twice a day for ten days. It can be repeated. This medication needs a prescription.

What if symptoms still continue?

It may be because you have Posterior Blepharitis which is more deep set and can respond to a 2 – 3month course of Doxycycline (an oral antibiotic).

Make sure your cleaning technique is good and the artificial tears are being used frequently enough. Should they be required more than four times a day, or you are sensitive to eye drop preservatives, then preservative free formula would be advised such as Celluvisc.

Occasionally a weak steroid drop is used but this should only be done under the care of an Ophthalmologist.

Do not stop the treatment plan for your blepharitis or the symptoms will recur. The frequency of the regime will vary between individuals and also from month to month. Try to avoid mascara when the eyes are bad.

Contacts

J25 (for advice within the 24hrs after surgery)

Mon - Fri 07.30 - 18.00hrs

Phone: 0113 206 9125 or 0113 206 4761

Eye Clinic SJUH

Phone: 0113 206 4737

Eye Casualty

Phone: 0113 206 4566

Eye Appointments

Phone: 0113 206 4615

Waiting List Team

Phone 0113 206 5672 or 0113 206 5915

Out of hours – On call Dr via switchboard

Phone: 0113 243 3144

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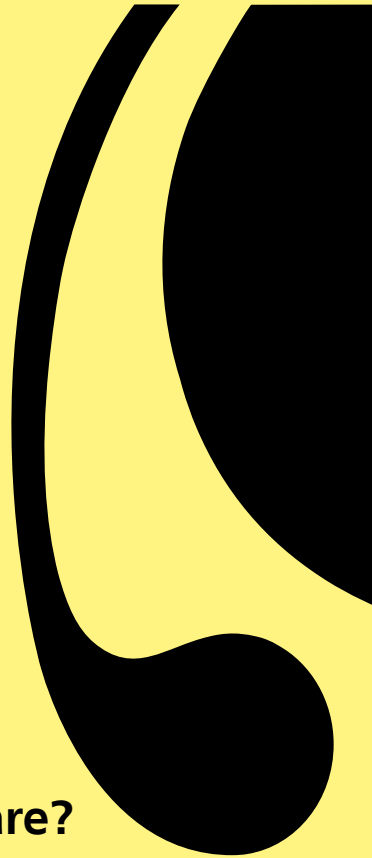
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Developed by: Louise Ramsaha • Junior Sister J25 Ophthalmic Day Unit
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