



**Colchester Eye Centre**  
**Colchester Primary Care Centre**  
**Turner Road, Colchester CO4 5JR**  
**Tel: 01206 487106**  
**Monday to Friday, 9 am–5 pm**

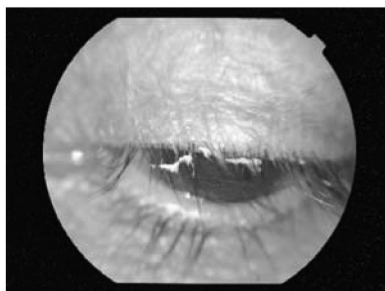


**East Suffolk and  
North Essex**  
NHS Foundation Trust

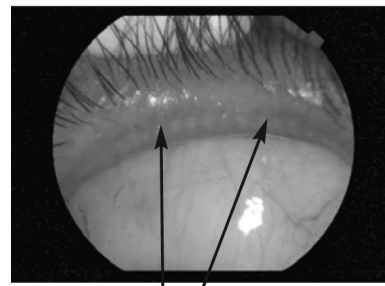
# Blepharitis and eyelid cleaning advice

## What is blepharitis?

Blepharitis is inflammation of the eyelid margins. It is extremely common, is not sight-threatening and can re-occur. The condition arises from an accumulation of debris attached to the root of the eyelashes and/or the tiny meibomian glands on the inner eyelid becoming blocked, which leads to the eyelids becoming red and sore.



*Debris attached to eyelashes.*



*Blocked meibomian glands.*

## Treatment

Blepharitis is controlled by cleaning the eyelids twice a day and may also require drops and/or ointment. Blepharitis is a long-term condition and may return if regular eyelid cleaning is stopped.

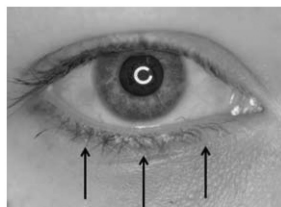
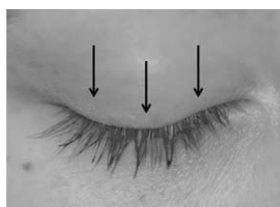
## Advice on eyelid cleaning

- 1 Wash your hands before and after cleaning.
- 2 Soak two cotton backed eye makeup remover pads in comfortably hot tap water placed in a bowl.
- 3 Squeeze the pads gently and apply one to each closed eyelid. Keep in place with fingers firmly over the top of the pads, pressing on the lashes.

(DPS: 06307-21)



- 4 If you have been advised to massage your eyelids due to blocked meibomian glands, use a finger to firmly stroke the skin of the lids downwards towards the lashes for the top lid and upwards towards the lashes for the bottom lid.



- 5 Remove both pads after a few minutes and dispose.
- 6 Moisten a further pad in the water, close one eye and wipe back and forth across the lashes. Then use circular movements to loosen any debris.
- 7 Repeat on the other eye.
- 8 Clean along the upper and lower outer eyelid edges from the inner corner outwards.
- 9 Use Blephaclean for continued care.

## Further information

For advice, please telephone **01206 487106**, Monday to Friday, 9 am–5 pm.

**Out of hours** – Weekdays 5 pm–7 pm and weekends and bank holidays, 11 am–4 pm, please telephone **01206 286882**, or contact your GP, or go to a walk-in centre or the nearest accident and emergency department.

Hosp no: _____	NHS no: _____
Name: _____	
Address: _____	
Postcode: _____	DoB: _____
GP: _____	
<i>(or attach patient label)</i>	

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Instructions for drops/ointment:

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Please ask if you need this leaflet in an alternative format.

Issued by:  
East Suffolk and North Essex NHS Foundation Trust  
Colchester Hospital, Turner Road, Colchester CO4 5JL  
www.esneft.nhs.uk



Issue 5: December 2021 Review date: November 2024  
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