

Is there anything else?

Antioxidant treatment

Eating more grapes may help blepharitis. A substance known as resveratrol is an anti-oxidant shown to have beneficial effects in blepharitis. It is found in particularly high levels in the skins of grapes.

General Dietary advice

There are no specific guidelines on diet and blepharitis. A diet high in fresh fruit and vegetables contains antioxidants which should generally help to protect the eyes from inflammation. There is some anecdotal evidence that excess alcohol may cause the symptoms to deteriorate.

Skin treatment

Conditions such as dandruff, rosacea and eczema can be associated with blepharitis. Treating these conditions may help the lids to settle more easily.

Clarymist / Lid care eye wipes

These proprietary products are available from most chemists and in some people help to relieve their symptoms of blepharitis.

Herbal / Homeopathic treatments

An internet search suggests that there are possible Herbal and Homeopathic treatments for blepharitis. All sites indicate that as the eyes are sensitive these remedies should only be offered under the supervision of an expert.



If you would like to be seen by ACES please talk to your GP or Optometrist.

For more information contact us on
01945 466222

Or **ACES**
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Or **www.aces-eyeclinic.co.uk**

ACES is regulated by the Care Quality Commission. Our information file, including our statement of purpose, can be found in the patient waiting area. Disabled access is available.

CQC can be contacted on **03000 616161** or
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If you have any concerns, comments or compliments about the information in this leaflet or about your treatment with ACES, please contact:

01945 466222

and ask to speak to the Registered Manager.



Anglia Community Eye Service



Blepharitis:

is a chronic inflammation of the eyelids. It is one of the **most common** disorders of the eye and is often the underlying reason for eye discomfort, redness and tearing. Other eye symptoms of blepharitis include: Burning, itching, light sensitivity, and an irritating, sandy, gritty sensation that is worse upon waking. Blepharitis has **no cure**, and requires long-term treatment to keep it under control.

Treatment principles:

Treatment consists of 2 phases. **Acute** phase treatment involves intensive therapy to rapidly bring the disease under control. In the **maintenance** phase the goal is to continue the minimum amount of therapy that is necessary to keep the disease quiet.

Warm compresses followed by lid

scrubs is the most critical element of effective blepharitis control. This therapy removes the eyelid debris, reduces the bacterial load and stabilizes the tear film by stimulating oily secretions from the lid's grease glands, thus reducing tear evaporation and relieving dry eye symptoms.

Warm compresses heat the debris and crusts on the lid margin to or above the melting point of their individual components so that they are easily removed with the lid scrubs.

Technique:

Soaking a facecloth in water as warm as the eyelids can stand, and then placing the cloth

on the lid surface (eyelids closed) for five to ten minutes. In the acute phase this is performed 2 to 4 times day

Warm compresses may be combined with **eyelid massage**. After 1 minute of warm compresses, massage the eyelid as follows: Gently close the eyelids. Put your index finger on the outer corner of the eyelid. Pull the eyelid towards the ear, so that the eyelids are stretched taut. Next use the index finger of the opposite hand to apply direct pressure to the taut eyelids starting at the inner aspect of the eyelid near the base of the nose. Sweep with firm but gentle pressure towards the ear.

Lid scrubs

There are several ways of performing lid scrubbing. The scrubbing should be directed at the base of the eyelashes on the eyelid margin. Soaps should not have excessive perfume or lotion content.

Neutrogena bar soap: This bar soap is used to form lather on the clean finger tips. Lather is then applied with fingertips on the eyelid margin and eyelash bases for up to 1 minute (with eyelids gently closed so that soap does not enter the eye). This is followed by a facial rinse.

Baby shampoo: The baby shampoo is first diluted one-to-one with water in a 'cup' in the palm of the hand. This is then mixed by rubbing with the clean fingertips and then applied in a gentle oval scrubbing motion to the margin and eyelash bases of the closed eyelid for 1 minute,

Bicarbonate of Soda: a pinch in a small amount of warm water can be used instead of soap or shampoo followed by a fresh water facial rinse.

Antibiotic treatment

The use of an antibiotic ointment on the eyelid margin immediately after lid scrubbing may help but this is only usually necessary in the acute phase. Oral antibiotics, for about 3 months, can sometimes be used in resistant cases.



Anti-inflammatory treatment

Castor oil has been used traditionally in folk medicine as an anti-inflammatory remedy for treatment of blepharitis. Castor oil could either increase or decrease eyelid inflammation depending upon whether it is used only once or is used several times for many days. Eyelid inflammation may increase initially after starting treatment but with repeated use over a week, the blepharitis inflammation should be reduced.

Recent research has shown that oral therapy with Omega-3 fatty acids reduces ocular surface inflammation and improves dry eye symptoms. Increasing the intake of Omega-3 fatty acids (flaxseed or fish oil) may also reduce the blepharitis inflammation.