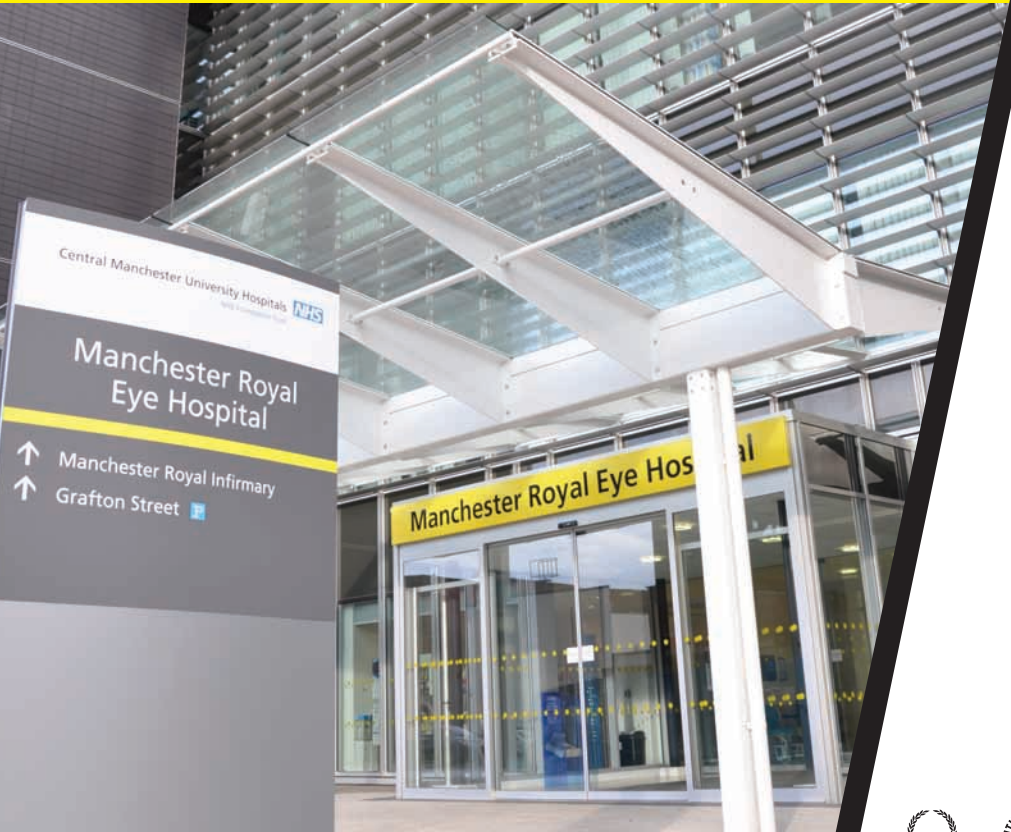




Manchester Royal Eye Hospital

Blepharitis

Lid Hygiene Instructions Using Shampoo –
Information For Patients



INVESTOR IN PEOPLE



POSITIVE ABOUT
DISABLED PEOPLE

The doctor or nurse practitioner has diagnosed you with a condition of your eyelids known as blepharitis (pronounced BLEF_A_RY_TIS).

Blepharitis is a chronic inflammation affecting the edges of the eyelids. This inflammation can lead to a build up of deposits on the skin and the eyelashes, leaving your eyes feeling gritty, sore and red with scaly deposits on the eyelid margins.

The condition may be made worse if you also have a dry scalp and dandruff. Using an anti-dandruff shampoo will help reduce the dandruff.

If you wear eye make up you should remove this thoroughly before going to bed.

If untreated blepharitis can cause styes, conjunctivitis or cysts.

Regular cleaning of your eyelids with a solution of warm water and baby shampoo will greatly reduce the inflammation and symptoms.

How to clean your eyelids using shampoo solution

- Wash your hands thoroughly before and after cleaning your eyelids.
- Mix one teaspoon of mild baby shampoo (any brand) into a mug full of warm tap water.
- Dip a clean cotton tipped bud into the solution and use the tip to gently scrub the edges of your

eyelids and between your eyelashes to remove any crusting or scaly deposits.

- If you prefer you, may wrap a clean flannel around a finger and use this to scrub the eyelash roots.
- Which ever method you use, you must be careful not to touch your eye.
- Repeat, using a clean cotton bud for the other eye.
- Rinse the eyelids thoroughly after cleaning using warm tap water on a cotton bud or clean flannel.

This cleaning regime must be followed twice a day for one month, then twice a week (**even after your eyelids are free from crusting**). This will help to prevent the condition from returning. Always use a fresh solution each time you clean your eyelids.

Applying a hot flannel or cotton wool compress (as hot as you can bear) to your closed eyelids for 5-10 minutes at least twice a day will provide some relief.

- **Use any prescribed drops or ointment as directed.**
- **Do not share your flannel or towels with anyone else.**
- **Do not share your eye make up or use anybody else's.**

Larger print

Please ask a member of the department staff if you require this information in large print or Braille.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজীতে বুঝতে কিংবা বুঝাতে পেরেছেন ? (BENGALI)

क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है ? (HINDI)

તમે ભાષા કામઝો વાતચીત કરવામાં મુશ્કેલી આવે છે ? (GUJARATI)

ਕਿ ਤੁਹਾਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲਣ ਜਾਂ ਸਮਝਣ ਵਿਚ ਦਿੱਕਤ ਹੈ ? (PUNJABI)

Miyey ku adagtahay inaad ku hadasho Ingriisida aad sahamto (SOMALI)

هل لديك مشاكل في فهم اوالتكلم باللغة الانجليزية ؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپکو انگریزی سمجھنے اور سمجھانے میں دقت پیش آتی ہے؟ (URDU)

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