

Inflammation of the Eye Lids (Blepharitis)

An information guide



Inflammation of the Eye Lids (Blepharitis)

What is Blepharitis?

Blepharitis is the medical term for inflammation of the eye lids. This condition can effect one or both eyes. The lid margins become sore and sensitive, and appear red and inflamed.

What causes Blepharitis?

There are a number of causes:

- Allergy or infection.
- Skin disorders, such as dandruff of the scalp.
- A disorder of the glands at the edge of the eyelid.
- A build up of crusts around the eyelashes.

What are the symptoms?

- Redness and swelling of the eyelid margins.
- Itchiness around the eyes.
- Persistent irritation or burning sensation.
- Crusting of the eyelids, especially in the morning.
- Sensation of grit in the eye.

How can blepharitis be treated?

- A cup of cooled boiled water.
- Dip a clean cotton bud into the solution and use the tip to rub between your eyelashes to remove the crusting.
- Repeat using cooled boiled water .

Points to remember

- Use a fresh cleaning solution every time.
- Use a clean cotton bud each time you dip into the cleaning solution.
- Do not share towels or face cloths.
- Do not share eye make-up.

- Ensure that lid hygiene becomes part of your daily routine.
- You should mention to the doctor any drugs and drops you may have been taking, as well as any skin conditions you may have.

Contact Numbers

The Royal Oldham Hospital

A&E Department - 0161 627 8923

Friday 5pm until Monday 9am

Oldham Integrated Care Centre Eye Clinic – 0161 621 3721

Monday – Friday 9.30am - 4.30pm

Rochdale

Eye Clinic - 01706 901757

Monday - Friday 9am until 5pm.

Eye Ward - 01706 901765

Monday - Friday 8am - 8pm (answer machine after 8pm)

Urgent Care Centre - 01706 517005

Monday to Friday after 8pm. Friday 8pm until Monday 9pm

Fairfield General Hospital, Bury

Eye Outpatient Dept - 0161 778 2804

A&E Department - 0161 778 2600

Monday - Friday after 8pm. Friday 8pm until Monday 8am

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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