

# Blepharitis

إلتهاب الجفون



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**Moorfields**  
**Eye Hospital Dubai**  
A branch of Moorfields London

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King's College Hospital London

# Facts

- ▶ Common condition that causes inflammation of the eye lids and can affect people of all ages.
- ▶ Usually affects both eyes on the edge of the eyelids and although rarely serious, it can be an uncomfortable, persistent and irritating problem.
- ▶ Scaly and crusty eyelids and the eyes may also feel tired and gritty or become uncomfortable in sunlight or smokey atmosphere.
- ▶ Can be associated with skin conditions such as rosacea and eye conditions like conjunctivitis.
- ▶ Can relapse at any time, however you can usually deal with symptoms at home and eyesight is very rarely affected.



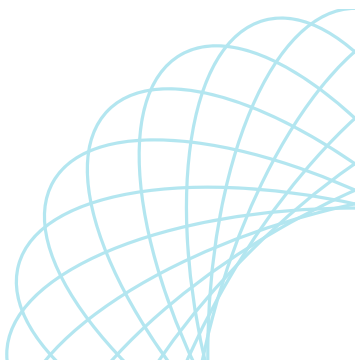
# Treatment

You might be prescribed a combination of treatments described below depending on the type of blepharitis: anterior or posterior.

## Cleaning of the lid margin

Dip a clean cotton bud in the solution\* and clean away any crusts present on the eyelashes. A mirror may be helpful. Do not clean inside the eyelids as this will make them sore. Repeat the process twice a day.

### Wipe along the Lid Margin



# \*Solution

- ▶ Normal saline or wipes

## Use the antibiotic

### ▶ Hot compresses

Soak a clean gauze in boiled water and hold it on your lids with your eyes closed, for 5 minutes twice a day, being careful that the temperature is not too hot or use normal eye mask.

### ▶ Lid massage

Roll your finger/cotton bud towards the margin 10 times each for the top and bottom lid, twice a day.

### ▶ Antibiotic drops

Apply as directed by pulling the lower lid off the eyeball and letting the drop fall into the pocket without touching the lid.

### ▶ Antibiotic ointment

Apply as directed, by squeezing 1 cm out of the tube onto your index finger and rubbing it onto the lid margin.

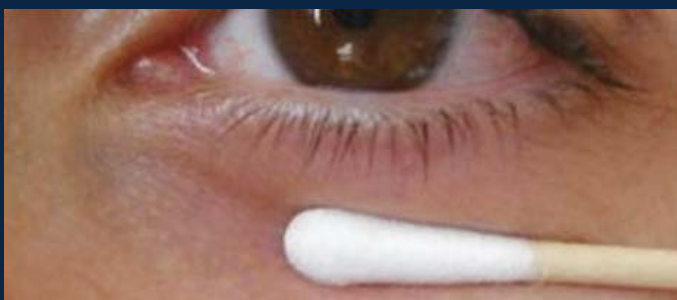
**It is very important that you follow the instructions in the order shown above.**



Top lid, roll downwards



Bottom lid, roll upwards



You must be careful not to touch the eyeball with the cotton bud.



## Moorfields Dubai



# Moorfields Eye Hospital Dubai

A branch of Moorfields London

### Moorfields Eye Hospital Dubai

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### Opening hours:

Saturday to Thursday, 8.30am to 5.30pm,  
for information and advice on eye conditions and  
treatments from experienced ophthalmic trained staff.

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