

Make-up

Stop using or change brand to hypoallergenic.

Discard any make-up appliance, i.e. mascara brush.

Do not give up on treatment even if it does not seem to be working.

It may take several weeks to be effective.

The future

Continue with lid (hygiene) cleaning.

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

www.livewellsouthwest.co.uk



Livewell Southwest



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Information & Advice

Blepharitis

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

What is blepharitis?

Blepharitis is a chronic inflammation of the eyelids usually affecting both eyes.

Symptoms

May be one or more of the following:

- Itchy eye lids
- Red swollen eye lids
- Burning sensation on eye lids
- Dandruff on lashes

Causes

- Infection
- Dandruff
- Allergy, e.g. make-up
- Eczema
- Rosacea

Images of blepharitis



Treatment

Lid Cleaning

Clean both eyes morning and evening. Apply a warm compress (a clean face-cloth) for 5 - 10 minutes before cleaning eye lids.

Each day make a fresh solution of cooled boiled water plus:

- Either enough 'No Tears' baby shampoo to produce a lather (2 - 3 drops in 10 - 15 ml of water)
or
- Bicarbonate of Soda (1/2 teaspoon to 1/2 pint of water)

Using a clean cotton bud for each eye, clean along the edge of both the upper and lower lids, as near to the root of the lashes as possible, using a side to side motion.

Apply the prescribed ointment.

Regular lid hygiene should become a part of your daily face cleansing.

Increase your vitamin C levels.

Dandruff

Treat dandruff in the hair with anti-dandruff shampoo.