

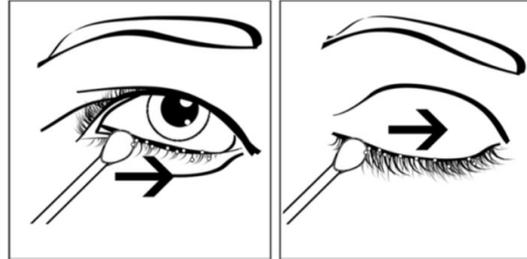
Step 2



Lid Massage

1. Using a finger or a cotton bud gently massage the eyelid toward the lashes. Downward for the top lid and upward for the bottom lid.
2. Do this for the whole length of the eyelid. This helps to push the blocked oil out of the gland.

Step 3



Cleaning

1. Wet a cotton bud with warm water. Gently but firmly clean the edges of the eyelashes. Pull the lower lid down and pull any crusting away with the cotton bud and close the eye to clean the lashes of the upper lid.

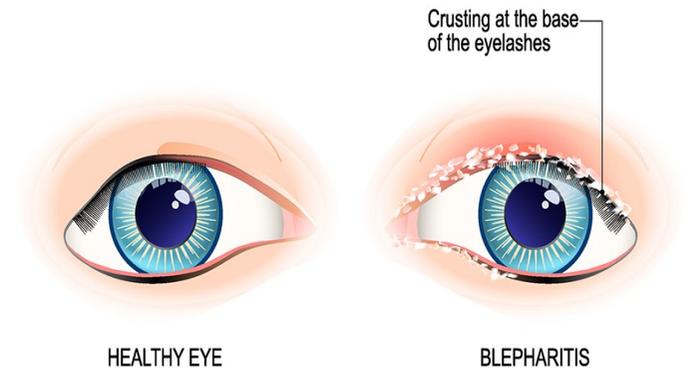
What if it is getting worse?

If your child experiences any of the following you should contact your **GP** or the **Royal Victoria Eye and Ear Hospital**:

- Eyelid swollen shut
- White of the eye becomes red
- Blurred vision



Blepharitis



What is Blepharitis?

Blepharitis is a common, inflammatory condition of the eyelids. It is not contagious, occurs in children and adults and in most people is not harmful. It can recur.

What causes it?

Most common in those with;

- Eczema
- Acne
- People who suffer with scalp dandruff.
- Those with sensitivity to a bacteria (staphylococcus) that normally lives on the skin.

Complications

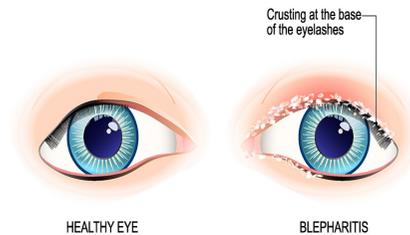
Blockage of the glands on the eyelids can lead to styes and cysts.

Please follow the steps outlined within this leaflet to treat these.

Treatment for Blepharitis

Signs and Symptoms

- Red eyelids
- Sore eyelids
- Dandruff like flakes seen at the base of eyelashes
- Stinging sensation in the eyes



Treatment is daily cleaning of the lids (lid hygiene).

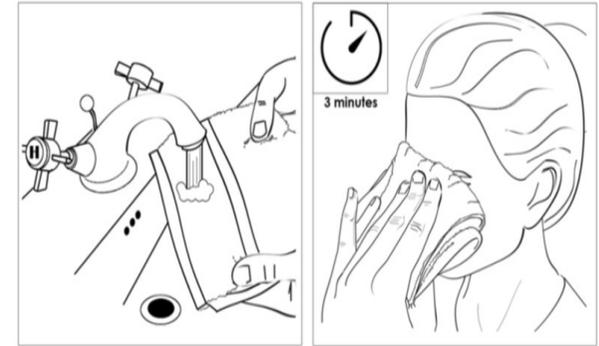
A child tolerating the lid hygiene is important for success. Bedtime can be best time to do the lid hygiene, it can take 4-6 weeks to get control of symptoms.

Please continue even after symptoms have stopped to prevent it from reoccurring.

NB; Your doctor may prescribe you drops if the blepharitis does not resolve with lid hygiene alone.

Follow the steps for great lid hygiene...

Step 1



Warm Compress

1. Clean your hands

Wet a clean cloth with hot water or warm a microwavable eye pack. Please ensure the cloth is not too hot to scald the child. Use a warm cloth if the child cannot tolerate. Heat is important to open the glands on the lids.

2. Put the cloth on the child's eyes for 3 minutes, or as long as will be tolerated.

Try and make a game of this (Peek-a-Boo) or do when asleep