

What is blepharitis?

Blepharitis is a very common eye condition where the eyelids become inflamed due to a build-up of matter and other products normally secreted by the eye. It can affect one eye, but usually occurs in both.

When the tiny ducts in the eyelids become blocked, this can lead to inflammation which makes your eyelids sore, causing irritation and discomfort. It can be a persistent and reoccurring problem but it is a common condition, which can be treated and rarely causes any long-term damage.



Without Blepharitis



With Blepharitis

Some people may be more likely to suffer from blepharitis than others:

- People with dry skin
- People with asthma and allergies

It can also be a side effect of other eye infections.

How do I know if I have a problem?

The main indication that you have blepharitis will be eye irritation and soreness. Symptoms can include:

- Your eyes feel gritty, as if there is something in the eye
- The edges of your eyelids feel itchy and sore
- Opening your eyes in the morning is uncomfortable
- Eyelids look red

What treatment is available?

Blepharitis is a chronic condition that often reoccurs. Therefore, it is important to manage the condition with regular treatment to maintain healthy eyelids.

- Regularly bathing your eyes to keep them clean, as well as removing any build up, will help with symptoms
- Using a specialist cleaning system like Blephasol or Blephaclean wipes, specifically designed for cleaning the eyelids effectively, offer the ideal way to bathe your eyes
- It is advisable not to use eye make-up when you are suffering from blepharitis, especially mascara and eye liner as it can make the symptoms worse
- If the condition leads to, or is caused by an eye infection, this can be treated with antibiotics. Your doctor will be able to recommend the best treatment for you

There are also some measures you can take to help prevent blepharitis developing. Treating any allergies effectively will help to lessen the chance of the condition developing. Using eye make-up specifically for sensitive eyes and removing it thoroughly at the end of the day will also help.

How do I get help?

If you are worried you may have blepharitis you should visit your optometrist or doctor at the earliest opportunity.