

## Treatment with lid hygiene

Good eye care, known as “lid hygiene”, is the most important treatment for blepharitis. This should be done twice daily with clean hands, every day of the week. This includes even when the symptoms are not there, to reduce the severity and frequency of the symptoms.

This is achieved by softening the oils in the eyelid glands, unblocking the glands and removing any flakes or excess bacteria.

### 1. Soften oils with hot compress

Please ensure any contact lenses are removed first.

Hold a hot flannel or microwavable eye bag firmly onto closed eyelids for three minutes to soften the oil in the glands. Take care not to burn your skin!

### 2. Unblock oil glands with massage

This should always be done immediately after step 1. The aim is to apply pressure to the eyelids to clear the softened oil out of the glands, ready to be cleaned away.

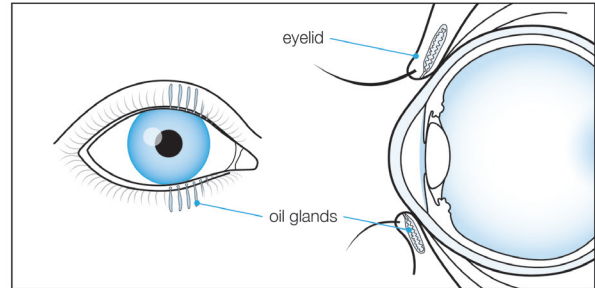
Use your index finger to apply pressure to the eyelid whilst slowly rolling it towards the eyelashes.

### 3. Clean edges of eyelids

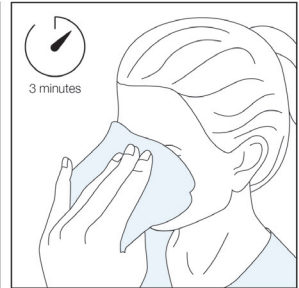
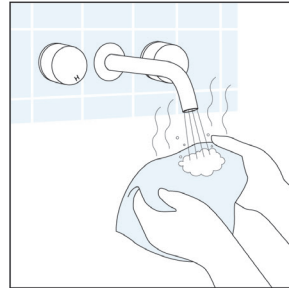
Moisten a cotton bud with tap water or use commercially available eyelid wipes to clean the edges of the eyelids gently but firmly, both where the eyelashes come out of the skin and behind the eyelashes.

### 4. Clean behind the lashes

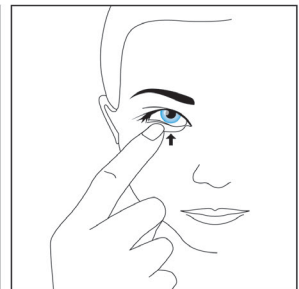
To clean behind the lashes you will need to pull the eyelid away from the eye with your finger. This aims to remove any flakes or crusting from the base of the eyelashes, as well as cleaning away excess oils and bacteria.



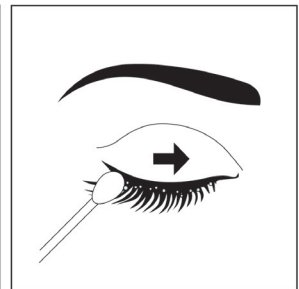
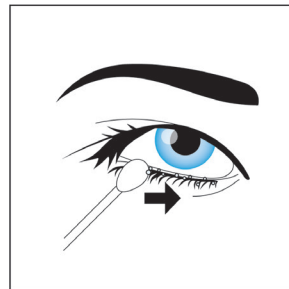
#### Step 1



#### Step 2



#### Step 3



#### Step 4

