

COMMONLY ASKED QUESTIONS

Is eyelid cleaning only for contact lens wearers?

No; many people benefit from cleaning their eyelids in this way. This technique is also used to treat an eyelid condition called Blepharitis.

What is Blepharitis?

It a medical term for inflamed eyelids.

I am about to have cataract surgery. Why have I been told to clean my eyelids?

Eyelid cleaning decreases the likelihood of infection and complications following surgery.

Should I see my GP?

No, in severe cases an antibiotic may be needed: your optometrist will give you advice if this is the case.

Should I stop wearing eye make-up?

No, however eyeliner can block the entrance to your eyelid tear glands, so if used it should be carefully removed

Can I help the dry eye symptoms?

Relief may be found in using artificial tear drops or gels. Generally single dose non-preserved drops are the most effective. Drops such as Blink Green, Viscogel or Celluvisc are ideal.

Are there any other treatments available?

Rather than using baby shampoo, some practitioners recommend bicarbonate of soda. Generally a mild solution of baby shampoo is satisfactory. In addition there are special wipes which you can purchase, called lid-care wipes. These are certainly more convenient but are more suited to contact lens wearers who want to improve their tears, than those suffering with Blepharitis.

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Individual Treatment plan:

Next Appointment:

Remember, blepharitis is not a serious condition; some people whose eyes remain sore have little medically wrong. Eye lid cleaning enables you to optimise your tears to make your eyes more comfortable.

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AND CONTACT LENS PRACTITIONERS

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EYE LID CLEANING

INTRODUCTION

There are two different reasons why you may have been advised to clean your eye lids. The first is to optimise the efficiency of your tears. You may have been experiencing tired or gritty eye sensations, or you are a contact lens wearer wanting to improve the consistency of your tears. The second is to treat a condition called Blepharitis which is simply a medical term for inflamed eyelids.

Meibomian glands, which are found in the upper and lower eyelids, are responsible for producing and maintaining tears. Tears are very important for keeping your eyes moist and healthy.

There is always a thin film of tears over your eyes providing lubrication, nutrition and protection. When tears are not produced, or are of the wrong consistency, problems may occur, such as:

- Dry eye or gritty eye feeling
- Crusting of eyelid
- Increased risk of infection
- Smearly or blurry vision
- Greasy contact lenses
- Uncomfortable contact lenses

Tear film problems are very common and are generally due to blocking in the pores that lead to the Meibomian gland; about 1 in 5 people are affected by this problem. If you're a contact lens wearer, tear film problems often have a much greater impact on your vision and the comfort of your eyes than they will for a non-contact lens wearer.

To enjoy good vision it is sometimes necessary to pay extra attention in trying to prevent blocked tear glands or crusting of the eyelids.

TREATMENT

The procedure outlined below should be followed for a period of 14 days, morning and night. It will help clear any blocked pores and help your eyelid tear-producing glands generate a good tear film.

Equipment needed: Baby Shampoo

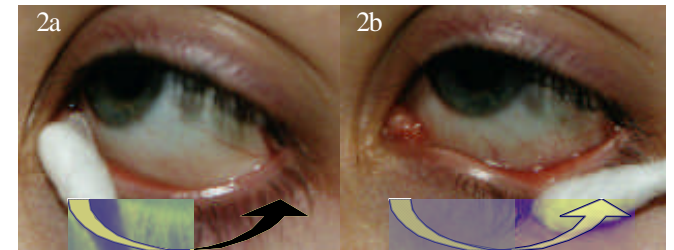
- Cotton wool buds
- Facial Cloth
- Hot water

(Boiled water that has been allowed to cool)

- Mix together a weak solution of boiled water and baby shampoo.
1 part baby shampoo with 10 parts water
- Soak the cotton wool buds in the hot soapy water to create a hot compress. When cool enough to touch, hold it just under your eyelid for 30 seconds to warm your lower lid (fig.1).
- Repeat the warming procedure on the upper lid.
- Firmly wipe the compress along the edge of your eyelids, (top and bottom) using it to remove scales and debris (fig. 2a and 2b).
- Repeat the procedure on your other eye, using a different cotton bud.

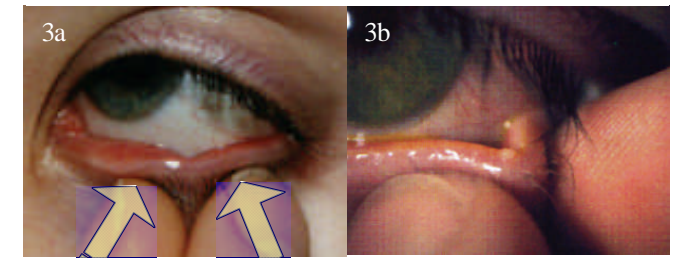


Hot compress, held just below the eyelids, to warm and moisten the area



Cleaning the edges, using the warm soapy compress. Run the compress along the lip/edge of the eyelid

In more advanced cases gentle rubbing or the lid before and after the cleaning process may prove useful where there are many deposits



Massaging the eyelid, to dislodge any scales or debris in more advanced cases