

PATIENT INFORMATION

Lid Hygiene

1. Warm compresses

Warm the eyelids to soften the oily debris for 5 minutes. It is best to do this with an 'eye bag' warmed in the microwave. These available to buy from Torbay Hospital Outpatient Pharmacy.

2. Lid massage

Gently press to the outside of the eyelid just above the eyelashes to squeeze out the warmed and softened oils using your clean finger. Hold for a few seconds, working your way along the length of the top and bottom eyelids.

3. Lid cleansing

Boil some water and let it cool. Add a pinch of Sodium Bicarbonate to an eggcup of water. **Or** add a few drops of baby shampoo to warm water in a small cup or bowl.

Wet a cotton pad with the solution; **gently scrub** along the eyelid margin removing any crusts from between the lashes. Clean the base/roots of the eyelashes, not inside the eyelid. For the top eyelid, this is often easiest with the eye closed.

Lid wipes designed to clear up blepharitis can be purchased from Torbay Outpatient Pharmacy. They are an effective way to do your lid hygiene and you may find these more convenient to use.

I am due to have cataract surgery?

PLEASE START YOUR LID HYGIENE TO BOTH EYES TODAY.

You will need to do this twice daily until your surgery.

You may have been prescribed chloramphenicol ointment, use as indicated by your nurse or doctor. Wash your hands, put the ointment onto your clean finger and rub it into the roots of your eyelashes.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.