



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Blepharitis

Accident and emergency

Patient information

## What is blepharitis?

Blepharitis is a common condition where the edges of your eyelids (where the eyelashes grow) become inflamed and irritated.

It is not dangerous and will not affect your eyesight.

However, it can cause discomfort and lead to:

- Red or itchy eyelids
- Crusting at the base of the eyelashes
- Small cysts on the eyelid.

Blepharitis often comes and goes, especially when you are feeling run down or after being unwell.

There is no cure, but it can be managed with regular eyelid cleaning.

## How can I control blepharitis?

The key to managing blepharitis is to keep your eyelids clean every day.

### Step-by-step eyelid cleaning:

1. Wash your hands thoroughly.
2. Mix your cleaning solution:
  - Option 1:** Half a teaspoon of bicarbonate of soda in half a pint of warm water.
  - Option 2:** One drop of baby shampoo in a cup of warm water.
3. Dip a clean cotton bud into the solution.
4. Gently wipe along the base of your eyelashes, removing any crusts or debris.
5. Repeat this 2–3 times a day until symptoms improve.
6. Once the blepharitis has settled, continue cleaning once a day to keep it under control.

## Using ointment (if prescribed)

**If your doctor has given you ointment:**

- Dry your eyelids before applying it.
- Use a small amount and apply it along the edge of your eyelid.
- Gently massage it into the base of your lashes using your clean finger or a cotton bud.
- Use the ointment for three weeks, or as advised by your doctor.

## General tips

- Continue daily cleaning even after your symptoms have improved.
- Blepharitis is long-term and may flare up occasionally.
- Keeping a regular cleaning routine is the best way to prevent inflammation and irritation.

### Be aware

Blepharitis is common and manageable. Many people live with it. With regular care, you can keep symptoms under control and avoid flare-ups.

If symptoms worsen or do not improve, contact your GP or eye specialist.

If you have any questions concerning your eye condition or its treatment, please do not hesitate to contact the eye hospital on telephone number **01273 696955**.

## Further support

For general medical advice please use the **NHS website** [www.nhs.uk](http://www.nhs.uk), the **NHS 111** service, walk-in-centres, or your GP.

The **NHS website** [www.nhs.uk](http://www.nhs.uk) provides online health information and guidance.

There are walk-in and urgent treatment services at Brighton Station, Crawley Urgent Treatment Centre, Lewes Victoria Hospital, Horsham Minor Injuries Unit and Bognor Regis War Memorial Hospital.

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This information is intended for patients receiving care in Brighton & Hove or Haywards Heath.

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