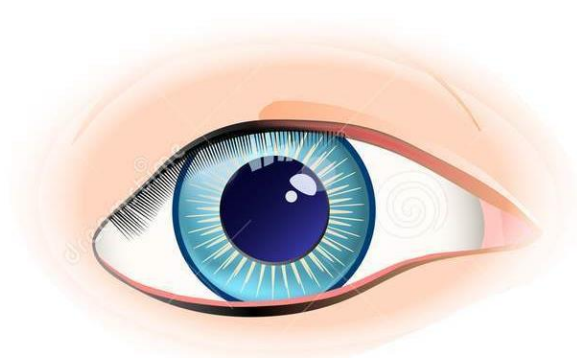
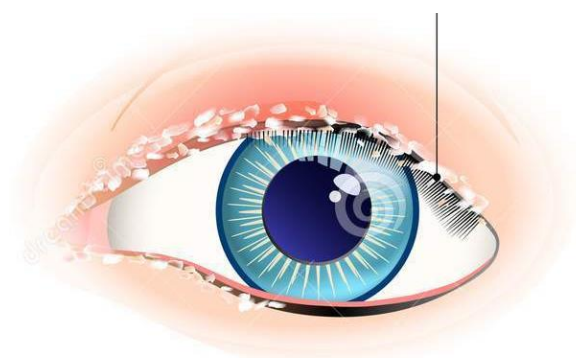


# Blepharitis and Blepharokeratoconjunctivitis

## A guide for 3-5 year olds



HEALTHY EYE



BLEPHARITIS

### What is blepharitis and blepharokeratoconjunctivitis (BKC)?

- Blepharitis is when your eyelids become red and sore.
- It can happen to both of your eyes or only one.
- The white part of your eye may also become red and when this happens it is called blepharokeratoconjunctivitis.
- You may find it hard to see things.

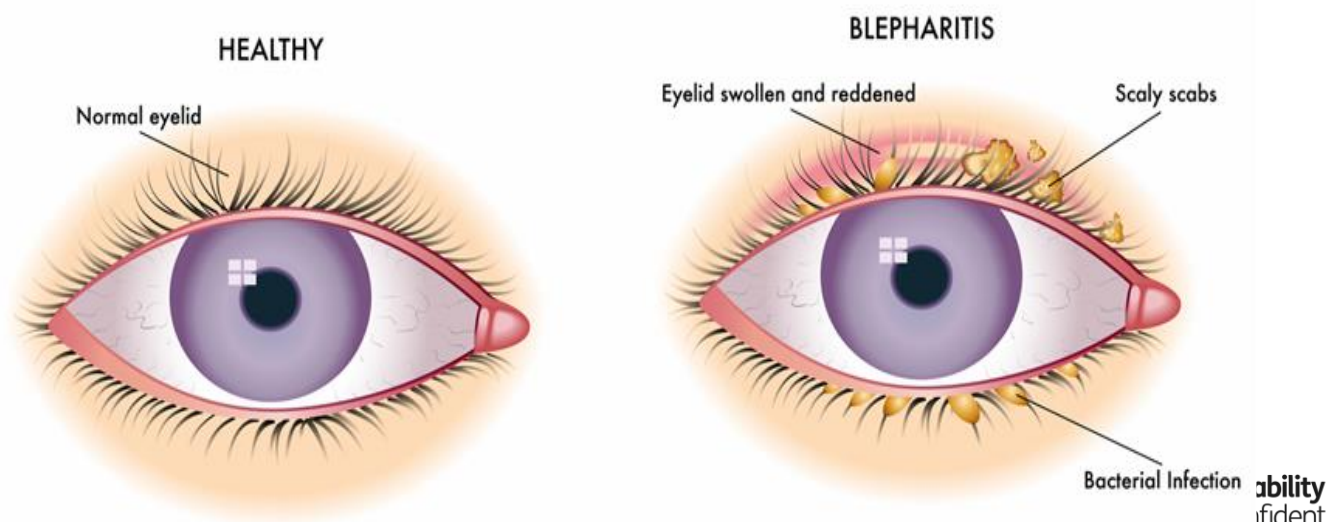
## What causes blepharitis and BKC?

- The eyelids contain tiny glands. If you have blepharitis/BKC these tiny glands become blocked and make your eyes crusty and red.



## What will my eyes look and feel like?

- Your eyelids may be crusty, swollen and red.
- You may find it hard to look at bright lights.
- There may be tiny flakes on your eyelashes.
- Your eyelids may be itchy.
- You may feel like something is stuck in your eye.
- Your eyes might be sticky.
- Your eyes might be dry.



## How will my blepharitis and BKC get better?

Cleaning your eyelids is **very important!** This is what you should do:

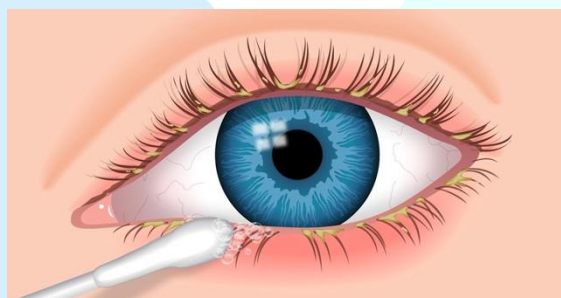
1. Wash your hands before you clean your eyelids.



2. A grown up will get warm water and a clean cloth/towel.
3. They will put some of the warm water on the cloth and gently wipe your eyelids whilst your eyes are closed for a couple of minutes.



4. After this, you will rub your eyelids gently – use your little finger and move it round in a circle.
5. A grown up should gently clean the edge of your eyelids with a cotton bud to get rid of any stickiness and crustiness.



6. Sometimes a grown up may add a special medicine to the water to make the eyelids clean.
7. You need to do this every day to help keep your eyes clean, even when the blepharitis/BKC has gone away.

## Is there anything else that will make my eyes better?

- Eating lots of fish, nuts and seeds, can help.



- You may be given some eye drops.
- There are some special types of wipes which contain medicine that you might use. The doctor can tell you more about these.
- You may also use a special heated eye mask.

## What will happen next?

- You will have to come back to see the doctor every few months to make sure your eyes are healthy!