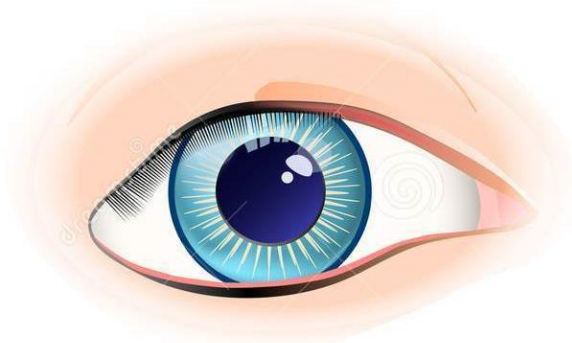


Manchester Royal Eye Hospital
Paediatric Services

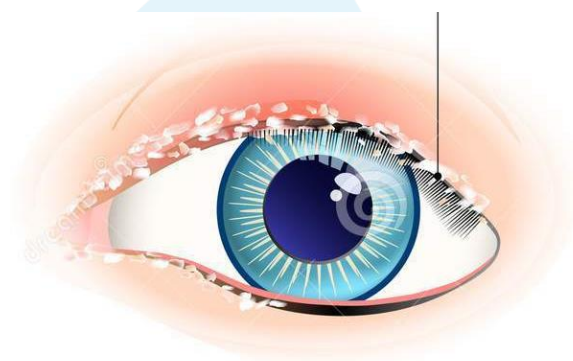
Information for Patients

Blepharitis and Blepharokeratoconjunctivitis

A guide for 6+ year olds



HEALTHY EYE



BLEPHARITIS

What is blepharitis and blepharokeratoconjunctivitis (BKC)?

- Blepharitis is a when your eyelids become red and sore.
- It can happen to both or just one of your eyes.
- The front part of your eye may also be affected and when this happens, it is called blepharokeratoconjunctivitis.
- You may find it hard to see things clearly.

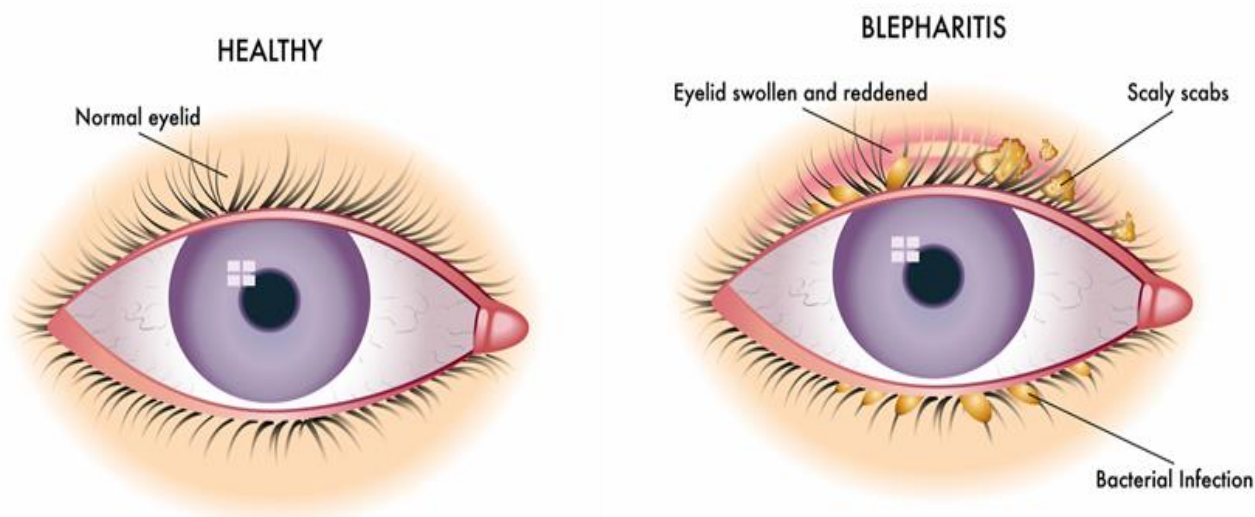
What causes blepharitis and BKC?

- The eyelids contain tiny glands that make oil. If you have blepharitis and BKC these tiny glands become blocked and make the 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 lids.

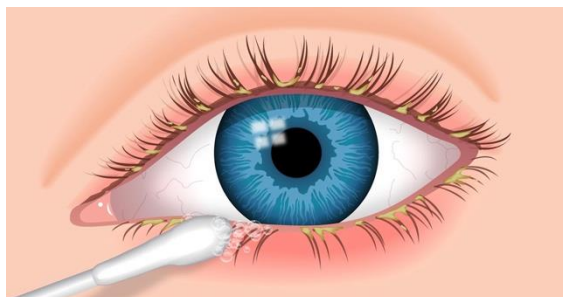


2. A grown up will get warm water and a clean cloth/towel.
3. You will put some of the warm water on the cloth and gently wipe your eyelids whilst your eyes are closed for a couple of minutes. You can ask a grown up to help you.



4. After this you will rub your eyelids gently with your little finger and move it round in a circle

5. A grown up can gently clean the edge of your eyelids with a cotton bud, removing any stickiness and crustiness. If you feel like you can do this yourself be very careful not to poke the cotton bud into your eye.



1. Sometimes a grown up may add a special medicine to the water to make the eyelids clean.
2. 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, seafood, nuts and seeds can help.



- You may be given some eye drops to help.
- 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!