



# Blepharitis Information Sheet

## What is Blepharitis?

Blepharitis is when the edges of your eyelids become irritated or inflamed. It is sometimes called “eyelid inflammation.” It can make your eyes feel itchy, crusty, or uncomfortable. It is a very common condition.

## What Are the Symptoms?

You may notice:

- Red or swollen eyelids
- Crusts or flakes near the eyelashes
- Short or broken eyelashes, or loss of some eyelashes
- Itchy, burning, or sore eyes
- Feeling like something is in your eye

## What Causes It?

Blepharitis can happen when:

- The small oil glands in your eyelids get blocked
- Bacteria or dead skin build up near your eyelashes
- You have skin conditions like dandruff or rosacea
- Makeup or allergies that irritate the eyelids

## Is It Serious?

Blepharitis is not dangerous, but it can be uncomfortable and often comes back.

If not treated, it may cause:

- Dry or irritated eyes
- Swollen red bumps on the eyelid caused by blocked oil glands (called styes or chalazia)



## How Is It Treated?

Blepharitis may not go away completely, but you can manage it with good eyelid care. Your doctor may suggest:

- Warm compresses to loosen eyelid crusts and oils
- Cleaning your eyelids daily with gentle soap (like baby shampoo) or eyelid wipes
- Prescription ointments, drops, or oral medications if it's more severe
- Artificial tears if your eyes are dry

## How to Clean Your Eyelids at Home

1. Wash your hands
2. Place a warm, damp washcloth over closed eyelids for a few minutes
3. Gently massage your eyelids using the warm cloth and a few drops of baby shampoo to clean along the eyelashes
4. Rinse with clean water and repeat daily or as your doctor recommends

## Frequently Asked Questions

Q: Is blepharitis contagious?

A: No. You can't catch it from someone else. It is not an infection.

Q: Will it go away completely?

A: It may come and go over time. Daily eyelid cleaning usually keeps it under control.

Q: Can I wear makeup?

A: Yes, on the skin outside your eyelashes, but your doctor may recommend avoiding eye makeup during flare-ups.

This document was reviewed by Dr. Steve Arshinoff.