

Eyelid Hygiene

Our eyelids are very important in maintaining a good tear film. This is achieved through the proper functioning of the glands in our eyelids. It is these glands that secrete oil into our tears that stop our tears from drying out.

If our eyelids do not function properly then poor tear quality can result, leading to red, irritable or stinging eyes. This is often due to either blockage or mild infection of the glands in our eyelids.

What are some symptoms of poor eyelid hygiene?

Poor eyelid hygiene is a very common problem in Australia. Generally the symptoms relate to irritable eyes.

Symptoms can include red eyes, itchy eyes, stinging eyes, uncomfortable contact lenses, dry eyes, and eyes that are sensitive to light.

What causes poor eyelid hygiene?

Generally, working in a dirty environment or wearing makeup are the main causes of poor lid hygiene for most people. Whilst for other people an unstable chemical composition in their eyelids and sebaceous glands can be the cause of infection.

The infection comes from the bacteria that live naturally in our tears and on our eyelids. Essentially these bacteria just get out of control.

When eyelid hygiene not controlled, small lesions can develop on the eyelids. These are commonly called 'sties'.

How can I improve my eyelid hygiene?

To keep the glands in our eyelids clean and prevent blockage and mild infection all we need to do is keep them clean. To clean you eyelids you need to prepare some diluted Johnson & Johnson Baby Shampoo (the 'no

more tears' version). This is diluted using warm water, with one part shampoo to five parts water.

You now need to follow these next steps:

1. Rinse your eyelids with warm water.
2. Dip an old face washer into the solution of shampoo and water.
3. Gently close your eyes.
4. Scrub your eyelids back and forth about twenty times so that you produce a good lather.
5. Rinse the shampoo solution off with warm water.

You need to follow these steps daily for at least one week, and then continue to do so once a week.

If you wear makeup you may find that you need to do this procedure more frequently. Due to having had an eyelid problem for some time, some people may find that they need to clean their eyelids for longer periods.

If you are not finding success with this procedure, please contact any of the staff and arrange an appointment with one of our optometrists on (07) 3210 1822.