

Meibomianitis (Inflamed Glands in the Eyelids)

What is Meibomianitis?

Meibomianitis is a mild infection in the glands of your eyelids. There are approximately 100 small glands that run along the top and bottom of your eyelids. These glands produce an oily liquid, which helps make tears. In Meibomianitis these glands swell.

What are the symptoms?

Your eyes may feel itchy, sore or gritty. Some patients complain of a tired feeling in the eye especially in the evenings.

What treatment is available?

Meibomianitis can be treated with warm compresses and lid hygiene for as long as you have the symptoms (see below).

Always wash your hands before and after touching your eyes.

1. Warm compress

Use a clean flannel and dip it into boiled water that has cooled to bearable temperature.

Put the flannel over your eyelids for 5 minutes and gently massage the eyelids, this helps to reduce the swelling and encourages the glands to drain.

2. Lid Hygiene

Either

- Boil some water, then let it cool to room temperature
- Pour approximately 100mls of the water into a clean cup
- Dissolve a drop of baby shampoo (or one teaspoon of Bicarbonate of Soda) in the cooled water.
- Clean the eyelids along the eyelashes, morning and evening, using the solution of baby shampoo/bicarbonate of soda and a cotton bud.
- With care make sure you clean the eyelids well with a gentle rubbing action.
- Store in the fridge and throw away after 24 hours. You will need to make a fresh solution after 24 hours.

OR

- You can buy a Lid Hygiene system from your local chemist. It is easier to use but does cost more, and prices vary.

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Continue with this treatment twice daily for two weeks, then once daily for a further two weeks. After that clean your eyelids two or three times a week to prevent your symptoms returning.

Are there any complications associated with Meibomianitis?

You will not lose your sight with Meibomianitis but if you do not treat it you may get ulcers on the front of the eye and infections.

Patients with this problem may also have 'dry eyes' as the inflammation can cause problems with the tear quality. If your glands are very swollen and infected you may be given some antibiotic drops or ointment.

Will the symptoms return?

Yes, they may do. Meibomianitis is a long term problem, which may come back. If your symptoms return then you should start the warm compresses and lid hygiene routine again.

For any further information, please contact

The Eye Clinic: within the hours of 9.00 – 5.00 Monday to Friday
(tel. 01423 553195 or 01423 553423)

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.