

Blepharitis is an extremely common condition that responds well to a simple treatment: lid hygiene twice a day.

Commercial eye hygiene preparations are NOT recommended due to limited evidence to support their effectiveness over usual eyelid hygiene methods.

Introduction

- Blepharitis is a chronic, intermittent condition, and although it cannot be cured, symptoms can usually be controlled with self-care measures
- Compliance with treatment, especially eyelid hygiene, is essential and should be continued even when symptoms are well controlled
- Complications, such as vision loss, are rare
- CKS found no significant evidence from randomized placebo-controlled trials on topical or oral antibiotics for the treatment of blepharitis

Formulary Status

3Ts	BCAP	ICID
NON-FORMULARY	NON-FORMULARY	NON-FORMULARY

Recommended Actions

- **Do not routinely prescribe commercial eyelid hygiene preparations** (such as Blephasol[®], Blephaclean[®], Blephagel[®], Suppranettes[®]...wipes or lotions, or eye compresses like Hot Eye Compress[®], Meibopatch[®], MGDRx Eye Bag[®]). These are available to purchase OTC or for a home-made warm compress see [NHS Choices](#).
- Advise and support patients to develop a lid hygiene routine: twice a day every day, to treat and prevent flare-ups. This regime may be reduced to once daily as symptoms improve.
- Supply patients with an information leaflet from Moorfield's Eye Hospital ([Patient Information – Blepharitis](#)) to instruct them.

Wiltshire CCG Cost Impact

In the financial year 2017/18, 405 items for 140 patients, **costing £3500**, were issued in Wiltshire.

References

1. CKS: Blepharitis (2015). Available from <http://cks.nice.org.uk/blepharitis#!topicsummary> [Accessed June 2018]
2. Cochrane review: Interventions for blepharitis (2012). Available from <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005556.pub2/pdf> [Accessed June 2018]
3. Moorfields Eye Hospital Patient Information Leaflet – Blepharitis (2016). Available from https://www.moorfields.nhs.uk/sites/default/files/A%26E%20Blepharitis_0.pdf [Accessed June 2018]
4. NHS Choices Blepharitis. Available from <https://www.nhs.uk/conditions/blepharitis/> [Accessed June 2018]