

You have blepharitis. This might help.

Blepharitis is inflammation of the eyelids. The pores in the eyelid margin (near your eyelashes) become swollen and blocked. This causes redness, irritation, and dry eye symptoms. Regular eyelid care, artificial tear eye drops, and omega-3 supplements can help to relieve symptoms.

Eyelid care

Perform your “eyelid care” routine every evening. Warm up a heat-safe eye mask to around 40 degrees and rest this on your closed eyelids for 5 minutes. Then remove the heat mask and gently massage your eyelids for 15 seconds. Finally, clean in front and behind the eyelashes (this area is your “eyelid margin”) using a cotton bud and warm water.

Artificial tear eye drops

Use a preservative-free artificial tear eye drop in both eyes three times a day, or more if needed. These eye drops are available over the counter from the chemist. It’s best to use the drops regularly to prevent dry eyes, rather than only use them when your eyes feel uncomfortable and dry.

Omega-3 supplements

Take an omega-3 supplement once a day. Oral supplements of omega-3 and omega-6 fatty acids can help reduce inflammation. The best supplement is a combination omega-3/omega-6 supplement (e.g. the brand Lacritec), but omega-3 alone. For fish oil, one capsule per day of around 1000–1500mg omega-3 is enough. Flax seed oil is a plant-based option, but contains less omega-3 than fish oil.



Blepharitis can’t be permanently cured, but doing these treatments regularly will keep symptoms to a minimum. People with severe blepharitis symptoms may need prescription anti-inflammatory or antibiotic medications.