

Conjunctivitis



What is Conjunctivitis?

Also known as “red eye” or “pink eye”. In simple terms it’s an irritation or infection of the membrane that covers the white part of the eye called conjunctiva. The membrane swells and the blood vessels in the membrane dilate (become wider), causing the eye to look red.

What causes conjunctivitis?

The most common causes are viral and bacterial infections as well as allergies and environmental irritants.

Symptoms:

- Redness inside and around the eyes
- Puffiness and Soreness
- Itching, Burning, or Stinging
- Watery eyes or discharge
- Eyelids that are crusty or stuck together in the morning

How can Conjunctivitis be prevented?

- Wash hands often with soap and water.
- Don’t touch eyes or the area around the eyes.
- Never share eye cosmetics or eye medications.
- Wash towels, and bedding (pillowcases) in hot water.
- Refrain from using contact lenses or makeup when eyes are red or irritated.

How is Conjunctivitis Treated When it is caused by:

Allergies: The best way to control an allergy is to avoid its source. Cold compressions and allergy eye drops help reduce swelling, redness, and itching. Dr. Gupta may prescribe eye drops or oral medications when allergies are severe.

Bacterial Infections: Dr. Gupta may prescribe eye drops or an ointment to kill the bacteria. All medications must be finished as directed (even when infection look like it has cleared up). Warm compresses may also be helpful.

Viral Infections: Viral infections are very contagious.. Dr. Gupta may prescribe eye drops to help rid the infection however most viral infections will go away on their own. Artificial tears and warm compress are also helpful.

Environmental Irritants: The best thing to do is first to avoid the irritant. Artificial tears help flush the eyes and lubricate its surface. Dr. Gupta may prescribe some eye drops to reduce the swelling and redness.