

Conjunctivitis (Pink Eye)

“Pink eye” is an inflammation of the eyelid’s underside and white part of the eye. It is more common in children than adults. Conjunctivitis can be caused by bacteria, viruses, chemicals, allergies, intense light from sunlamps, snow reflection or electric arcs in welding.

Possible signs and symptoms of pink eye include:

- Clear, green or yellow discharge from the eye
- After sleeping, crusts on lashes that cause eyelids to stick together
- Eye pain
- Swollen eyelids
- Sensitivity to bright light
- Redness and gritty feeling in the eye
- Intense itching (allergic conjunctivitis only)

Pink eye treatment varies with the cause. **Not all pink eye needs to be treated with antibiotics.** Most types of viral pink eye do not need any type of drops. Chemical pink eye usually needs to have the chemical washed out of the eye. Allergic pink eye can be cured by having the allergen removed. Bacterial pink eye does require antibiotics (either oral or eye drops).

Viral and bacterial conjunctivitis is contagious. Wash hands often, and use paper towels to dry. Gently wipe discharge from the eyes with a disposable tissue. Do not wear contact lenses nor eye makeup.

If conjunctivitis is gone untreated, it could spread and damage the cornea resulting in permanent impaired vision.

Tips to prevent Pink Eye:

- Wash hands frequently
- Avoid exposure to eye irritants
- Do not share eyeliners, and discard mascara after 4-6 months

Contact our clinic or go to the Emergency Room if you develop fever, increasing redness, pain, headache, vision change or if there is no improvement within 3-5 days of starting the treatment prescribed.

