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Allergies and the Eyes

Seasonal allergies may affect the eyes, causing you to experience itchy eyes, accompanied with watery eyes, itchy eyelids, swollen eyelids, and redness and irritation in the eyes or near the eyes.

You may be diagnosed with:

- Seasonal allergic conjunctivitis (Grass/weeds)
- Perennial allergic conjunctivitis (mold/dust)
- Dry eyes
- Meibomian gland dysfunction
- Asthma
- Others: _____

Common Cause: Pollen, mold dust, dander, contact lens, contact lens solutions, make up, lotions, creams, and soaps.

Common treatment:

1. Avoid known allergens: wear wraparound sunglasses, avoid outdoors on days when pollen count is high (www.pollen.com), use air purifier, use high quality furnace filters, remove contact lenses if needed, shower after outdoor exposure, etc.
2. You may be already taking oral antihistamine (Claritin, Zyrtec, Allegra, etc.) Please consult your primary physician.
3. We recommend :
 - a. Over-the-counter artificial tears, non-preservative preferred.
 - b. Apply a clean, cold, and damp washcloth over your closed eyes.
 - c. Over-the-counter allergy eye drops
Alaway (Bausch and Lomb)
Zaditor (Alcon)
 - d. Avoid rubbing your eyes

If these treatments do not reduce or eliminate your symptoms, please contact us if you are still symptomatic. Prescription allergy eye drops, antibiotic, anti-inflammatory, and /or special eyelid cleansing product may be needed.