

Allergic Conjunctivitis

Allergic reactions to dust, pollen and other allergens can cause redness, itching, burning, and swelling of the eyelids during allergy season or year-round. Here are some self-care tips to help relieve these symptoms if you find yourself experiencing them.



Avoid the allergens

Avoid the allergens by not exposing yourself to them (e.g., pets) or use HEPA air purifiers to filter out small particles that cause allergic reactions. Honeywell is a good brand.



Cool Compress/Artificial Tears

Use a cool washcloth or cold pack on the eyelids to help relieve allergy symptoms. Artificial tears can help to soothe the eyes and eyelids as well, and they can be refrigerated for an additional cooling effect. If using artificial tears frequently for chronic symptoms, use preservative-free artificial tears.



Antihistamine Eyedrops

You can find over the counter eyedrops specifically for allergy relief such as Zaditor® or Alway® (Ketotifen) and Pataday® (Olopatadine). Go to your pharmacy with this handout for help.



Nasal Spray for Allergic Rhinitis (Hay Fever)

If your allergies are affecting your nose, you can use a non-absorbed steroidal nasal spray such as over the counter Flonase® (fluticasone).



If you are unable to find adequate relief using the methods above, see your eye doctor for more advanced care or contact us for an appointment at sterlingvision.com.