

Century Eye Care Centre

What is Conjunctivitis?

Summer time & rains - the stage is set for eye infections to spread.

The surface of the white of the eye and the back surface of eyelids is covered by a thin protective membrane called conjunctiva. Inflammation i.e. redness & swelling, of this membrane is called conjunctivitis.

Precautions

Following precautions helps the patient feel more comfortable during an attack of conjunctivitis and prevents its spread to others.

- Conjunctivitis is highly contagious, sharing handkerchiefs, towels and other toiletries should be avoided
- Wash your hands immediately after taking care of a family member suffering from conjunctivitis
- Discontinue contact lenses immediately
- Avoid swimming if you have conjunctivitis
- Avoid swimming during epidemics of conjunctivitis
- Avoid exposure to dust pollution, chemicals, fumes and bright sunlight
- Avoid crowded places during epidemics
- If you go out in bright sunlight, wear sunglasses. Sunlight irritates pink eye.

Facts

- Conjunctivitis can not be contracted by looking into the eyes of a patient of conjunctivitis
- Rose water or other such remedies do not help relieve conjunctivitis

Treatment

Treatment should be carried on as advised by your eye surgeon and for the specified duration.