

Conjunctivitis

What is conjunctivitis?

Conjunctivitis, or pink eye, is inflammation of conjunctiva. The conjunctiva is a thin tissue that covers the front of eye and the back of eyelids.

Risk factors

- Bacteria, viruses or allergens
- Pollen from trees, grass and ragweed
- Animal skin and secretions such as saliva
- Perfumes
- Cosmetics
- Skin medicines
- Air pollution
- Smoke

Signs and symptoms

- Redness in the whites of eye
- Itching in or around eye
- Feeling like there is something in eye
- Watery or thick, sticky discharge
- Crusty eyelids when wake up in the morning
- Burning, stinging, or swelling in eye
- Pain in eye

Diagnosis

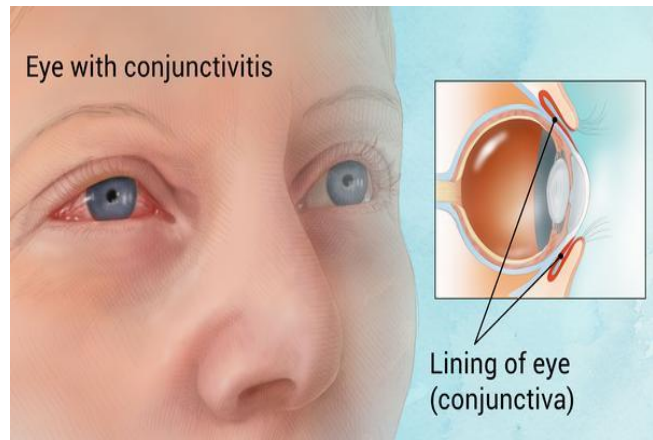
- An eye examination
- A slit-lamp microscope examination

Treatment

- Allergy medicine helps decrease itchy, red, swollen eyes caused by allergies. It may be given as a pill, eye drops, or nasal spray.
- Antibiotics may be needed if conjunctivitis is caused by bacteria. This medicine may be given as a pill, eye drops, or eye ointment.
- Nonsteroidal anti-inflammatory drug (NSAID) to relive pain

Clinical teaching:

- Apply a cool compress wet a washcloth with cold water and place it on eye.
- Do not wear contact lenses.
- Avoid irritants.
- Flush eye.
- Wash hands with soap and water often.



Stop infectious conjunctivitis from spreading

Do	Don't
<ul style="list-style-type: none">✓ Wash hands regularly with warm soapy water✓ Wash pillows and face cloths in hot water and detergent	<ul style="list-style-type: none">✓ Wear contact lenses until your eyes are better✓ Share towels and pillows✓ Rub your eyes

Reference: Micromedex's Care Notes System Online 2.0