



# COMMON EYE PROBLEMS

Many patients experience itching, stinging or burning eyes, or a feeling that there is something in them. Many of these symptoms, and their treatments, are presented below. Treating eyelid or dry eye disorder can lower the risk of infection, make your eyes feel better, and—in some cases—help improve vision.

## Subconjunctival Hemorrhage (SCH)

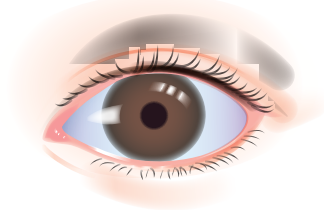
This is an accumulation of blood under the **conjunctiva**—the membrane that covers the external part of the eye. It is fairly common, and occurs more frequently in patients taking aspirin, baby aspirin, fish oil or other blood-thinning medications. It can also appear in patients receiving regular injections of medication into the eye for conditions such as macular degeneration, retinal vein occlusion or diabetic retinopathy. SCH can be alarming because it appears as if the eye is ‘bleeding.’ But it is fairly harmless and typically resolves within a week or two without requiring treatment.

## Blepharitis

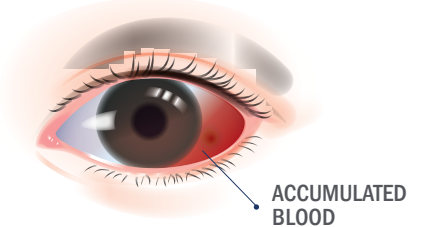
This common condition is an inflammation of the eyelids, typically caused by excess growth of a bacteria that is commonly found on the skin, blockage of the eyelid’s oil glands or allergies. It causes the eyelids to be red, itchy and somewhat swollen, with a scaly appearance at the base of the eyelashes. The scales can irritate the surface of the eye and form crust, which may cause the lids to stick together when waking up in the morning. Eyes may become dry and gritty due to inflammation of the eye’s moisture-producing tissues.

*Blepharitis continues, next page*

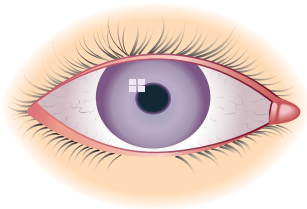
HEALTHY EYE



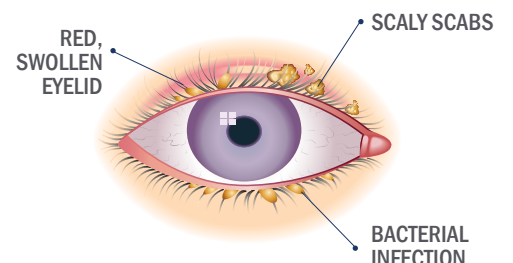
EYE WITH SCH



HEALTHY EYE



EYE WITH BLEPHARITIS



## SYMPTOMS OF BLEPHARITIS

- Gritty sensation, as if something is in your eye
- Sensitivity to light
- Dry eyes
- Burning sensation
- Red and swollen eyes or eyelids
- Blurry vision

## TREATING BLEPHARITIS

Blepharitis cannot be cured, but can be well controlled with proper hygiene, following the steps below:

- Place a warm, wet washcloth over your eyes for about 5 minutes to soften crust and loosen oily debris.
- Place the warm washcloth over your index finger and add a solution of half baby shampoo and half water. Clean your eyes one at a time by rubbing the washcloth over the eyelashes and lid margins several times using horizontal strokes.
- Use a clean washcloth to rinse thoroughly; pat dry.

## Dry Eye

---

Dry eye is extremely common and is typically caused by decreased tear production. It affects women more frequently than men, especially after menopause.

## SYMPTOMS OF DRY EYE

- Stinging, burning or gritty sensation
- Excess eye watering, followed by periods of dryness
- Stingy discharge from the eye
- Blurry vision
- Eye redness
- Sensitivity to light
- Difficulty with activities requiring lengthy visual attention, such as reading or working on a computer

## TREATING DRY EYE

- Use artificial tears frequently; if you'll be using them long-term, be sure to choose one that is preservative-free and does not contain 'allergy' or 'get the red out' ingredients
- Avoid dry conditions
- Take frequent breaks from activities that require long periods of visual attention
- Use a thicker eye lubricating gel or ointment at bedtime

**IF THE STEPS OUTLINED FOR YOUR CONDITION DO NOT RELIEVE YOUR SYMPTOMS,  
PLEASE SEEK CARE FROM YOUR PRIMARY CARE PHYSICIAN**



Retina  
Consultants  
of Texas



RCA  
Research