

**Treatment**

- To relieve pain and photophobia
- To treat the inflammation

**Endophthalmitis**

Endophthalmitis is an infection inside the eye, that is, an intraocular infection. There are different types of endophthalmitis, but the most common type, post-operative endophthalmitis. This condition occurs most commonly after cataract surgery, typically afflicting approximately one in every 1,000 patients.

**Symptoms**

- Pain
- Redness in the white of the eye
- Extreme sensitivity to bright light
- Partial or complete loss of vision.

The diagnosis is based on the symptoms, an examination of the eye, cultures, and sometimes antibody or DNA testing. Cultures may be taken from the aqueous humor (fluid inside the front of the eye; also called the aqueous) and the vitreous humor (the jellylike substance inside the back part of the eye) to determine which organisms are responsible and which drugs are most active against them.

**Treatment**

Endophthalmitis is a medical emergency. Rapid treatment is generally needed if vision is to be preserved. Treatment usually begins immediately; a delay of even a few hours can result in vision loss in extreme cases.

Antibiotics are given; the choice of antibiotic may be adjusted depending on which organism is found to be causing the endophthalmitis.

Surgery may be needed to remove infected tissue from inside the eye, which may improve the chances of stopping the infection.

**Corneal infection**

This is a potentially sight threatening condition. Avoid using steroid if corneal infection cannot be excluded as steroid can worsen the infection.

**Symptoms**

- Painful red eye
- Photophobia
- Watering

**Treatment**

- In bacterial corneal ulcer, the patient may be admitted for intensive antibiotic treatment if severe, or treated as an outpatient if mild.
- In viral infection, anti-viral are given.

**Patient Information**

## Conjunctivitis and The Red Eye

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## Conjunctivitis

Conjunctivitis is redness and soreness (inflammation) of the clear covering (the conjunctiva) which coats the white of the eye and lines the inside of the eye lids. This comes on relatively quickly and lasts for a fairly short time. Acute conjunctivitis may clear on its own, but often needs treatment from your doctor.

### Symptoms

- Mostly both eyes are affected, but often one starts before the other.
- The eye is red, with the blood vessels over the white of the eye more visible and swollen. The lining of the eyelids also looks redder or pinker than usual.
- The eye is sticky, with a discharge, which is worse when you wake up.
- The eye is itchy or painful.
- Sometimes people do not like to be in bright light (photophobia).

### Treatment

Treatment varies depending on the cause. Medications in the form of ointments, drops or pills may be recommended to help kill the germ infecting the eye, relieve allergic symptoms and/or decrease discomfort. In the case of conjunctivitis due to a viral cold or flu, the practitioner may recommend that you be patient and let it run its course.

### OTHER MEASURES THAT SHOULD BE FOLLOWED :

- Apply cool compresses to the infected eye(s) three to four times per day for 10-15 minutes using a clean washcloth each time. This should help reduce itching and swelling and provide some comfort.
- Wash your hands frequently and keep them away from your eyes in order to reduce or prevent recontamination.
- Avoid rubbing your eyes to decrease irritation of the area.
- Wear sunglasses if your eyes are sensitive to the light.

- Avoid exposure to the irritants that may be causing the conjunctivitis. Wear sunglasses if your eyes are sensitive to the light.
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- Dispose of old eye makeup if the culture for bacteria is positive.
- Use a clean pillowcase each night. (Pillowcase can be changed every other day and turned over nightly).
- Avoid Contact lenses till advised by physician.

### Concerns

If any of the following problems should occur, notify your Eye Specialist:

- Visual changes
- Severe eye pain
- Pain when moving eyes
- Fever
- No improvement with medication within 48-72 hours
- Drainage continues after you have completed full course of medication
- Roommates or other family members develop symptoms
- Eyes become very sensitive to light.

### DIRECTIONS FOR USING EYE DROPS OR OINTMENT

- Wash your hands before touching your eyes or your medications.
- Gently, pull your lower lid down with your finger.
- Look up toward the ceiling.
- To instill drops : Drop medicine inside your lower lid. Do not drop it on your eyeball. Close your eyes gently without squeezing the lids shut. Blink to distribute medication over the eye.
- To instill ointment : Starting in the corner of your eye closest to the nose, squeeze a thin ribbon of ointment along the inside of the lower lid. Close eyes gently without squeezing the lids shut. Roll eyes to distribute the medication over them.

- Remove excess solution or ointment outside your eye with a clean tissue, using a separate tissue for each eye.
- Wash hands after you have finished your medication, to avoid transmitting the infection to others.

**All Red Eyes are not necessarily conjunctivitis.**

### Acute angle closure Glaucoma

In this condition there is a sudden increase in the pressure within the eye. The eye quickly becomes painful and red. The sight may recover completely if the pressure is lowered at an early stage, but if this is delayed there will be permanent damage to the vision of varying degree. Immediate aggressive treatment is therefore required.

### Symptoms

- Sudden decrease of vision
- Extreme eye pain
- Headache
- Nausea and vomiting
- Glare and light sensitivity

### Treatment

Aimed at decreasing intraocular pressure (IOP)

### Uveitis

Uveitis may affect one or both eyes and is an inflammation of one of the tissues lining the eyeball. The most common form of uveitis is anterior uveitis, which involves inflammation in the front part of the eye. The disorder may affect only one eye and is most common in young and middle-aged people.

### Symptoms

- Redness of the eye
- Blurred vision
- Sensitivity to light
- Dark, floating spots in the vision
- Eye pain