

Remember...

- Always wash your hands before and after touching your eye/s.
- Always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved.
- Always have regular eye checks with your Optometrist.
- Always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment.
- If you splash anything into your eye always rinse with plenty of tap water and seek medical advice.
- Never use anyone else's medication (this includes eye-drops).

Conjunctivitis



The Eye Unit

This leaflet is for patients who have been diagnosed with Preseptal Cellulitis



The Eye Unit, The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Author: **Julie Tillotson** Date: **November 2020** Version: **Seven**
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What is conjunctivitis?

Conjunctivitis is an inflammation of the conjunctiva or clear film, which covers the eyeball. It is usually caused either by bacteria or a virus.

What are the symptoms?

- One or both eyes may be red and/or watering
- Lids may be swollen and a discharge may be present
- A gritty feeling, or of having something in your eye
- Itching and sensitivity to light
- Difficulty opening eyes in the morning
- Eyelids may get stuck together

What is the treatment?

Medical treatment

For bacterial conjunctivitis eyedrops can be prescribed or bought at the chemist, to be taken regularly throughout the day for a period of 7-10 days. It is important to finish the course of treatment, even if your symptoms have gone, otherwise the conjunctivitis could come back.

Viral conjunctivitis

There is no specific treatment for this and you may have symptoms for three weeks or more before your eye gets better. Lubricating eye drops and pain control tablets by mouth will make your eye feel a bit more comfortable.

Most types of conjunctivitis clear up within a few weeks. If the problem persists this could be for several reasons but can be due to:

Chlamydial conjunctivitis

This is a sexually transmitted form of conjunctivitis. It is passed to the eyes through poor hand hygiene. If you are sexually active and have had a red eye not clearing up after 3-4 weeks it may be caused by chlamydia.

It is most common in the 16-30 age group. You will need to have eye swabs taken and if these come back as positive to chlamydia a referral to the Genito-urinary medicine department is necessary. The treatment is with oral antibiotics

Important guidelines

- Always wash your hands before and after touching your eyes
- If your eyes are sticky clean them with boiled, cooled water and gauze
- To prevent other people becoming infected always use separate towels and flannels
- Try not to rub your eyes
- Do not wear your contact lenses. When the infection has gone and you use contact lenses again, make sure that your lenses and equipment have been thoroughly sterilised
- Avoid dusty or smoky atmospheres
- Avoid wearing make-up while you have conjunctivitis and discard any make up that was used while your eyes were red

Concerns

If you notice any of the following problems please call:

Emergency Helpline: 0300 019 4181

Mon-Sat: 8am-6pm

Sunday: 8:30am-2pm

and bank holidays: 8:30am-6pm

- Changes in vision
- Severe eye pain
- Pain during eye movement
- Fever
- Light sensitivity
- No improvement after 48-72 hours of using the medication