



## Quick guide

# YOUR RED EYE TREATMENT

Red eyes are one of the most common eye complaints yet remain poorly managed. This guide provides clear direction on effective treatments and harmful practices to avoid.

## UNDERSTANDING RED EYES

---

Most red eye cases stem from inflammation rather than infection, making proper diagnosis crucial for successful treatment. The wrong approach can worsen your condition and delay recovery..

### What not to do

**Don't use decongestant eye drops to whiten red eyes**

These vaso-constrictors shrink blood vessels temporarily but create significant problems:

**Addiction potential** – Your eyes develop tolerance, requiring increasingly frequent use for the same effect.

**Rebound effects** – When you stop using them, your eyes become redder than before treatment began.

**Worsening condition** – Regular use can actually make your underlying red eye problem worse.

*Reserve these drops only for special occasions, never for regular use.*

### **Don't use Chlorsig eye drops if you wear contact lenses**

Contact lens-related eye infections are potentially sight-threatening emergencies requiring immediate professional attention from a therapeutically qualified optometrist or corneal specialist ophthalmologist.

Self-treatment with over-the-counter antibiotics can mask serious conditions and delay proper care.

### **Don't overuse artificial tears**

If you need artificial tears more than three times daily, they may be causing more harm than good. Excessive use can:

- Wash away your natural tear film
- Create dependency
- Mask underlying conditions requiring specific treatment

*Diagnosing the root cause leads to more successful outcomes than symptom management alone.*

### **Don't stop prescribed steroids too early**

Steroid eye drops require longer treatment than most patients expect:

**Proper duration** – Inflammation needs stronger and longer steroid treatment to fully resolve.

**Gradual reduction** – Abrupt discontinuation causes rebound inflammation. Always follow your optometrist's tapering schedule.

## **What you should do**

### **Consult your optometrist first**

Most antibiotic eye drops prescribed by GPs are unnecessary and ineffective for red eyes. Here's why optometrists are your best first choice:

**Accurate diagnosis** – The vast majority of red eyes result from inflammation, not bacterial infection.

**Appropriate treatment** – Optometrists can prescribe the right medication for your specific condition.

**Specialised expertise** – Eye care is their primary focus, ensuring you receive targeted treatment.

### **Choose appropriate contact lenses**

Not all disposable lenses affect your eyes equally:

**Modern materials** – Innovative lens technologies reduce drying effects and associated redness.

**Professional fitting** – Your optometrist can recommend lenses that work best with your specific eye chemistry and tear film.

### Manage digital eye strain

Excessive screen time contributes significantly to eye redness and discomfort:

**Limit exposure** – Reduce daily screen time when possible, including smartphones and tablets.

**Follow the 20-20-20 rule** – Every 20 minutes, look at something 20 feet away for 20 seconds, and blink 20 times deliberately.

**Take regular breaks** – Extended screen sessions require frequent rest periods for your eyes.

### Address seasonal allergies effectively

Allergic reactions often trigger red, itchy eyes requiring specific management:

**Professional supervision** – Anti-histamine eye drops can worsen dry eyes and should be used under optometric guidance.

**Consider alternatives** – Steroid eye drops may be more effective for shutting down inflammatory responses.

**Simple remedies** – Cold compresses provide immediate relief for allergic redness and can work remarkably well.

## TAKE THE NEXT STEP

---

Don't let red eyes disrupt your daily life. Our experienced team provides accurate diagnosis and effective treatment tailored to your specific condition.

### Need expert assessment?

**Make an appointment 02 9290 1899 for an appointment, book online at [theeyeppractice.com.au](https://theeyeppractice.com.au)**