

It is Allergy of the eyes. These allergic disorders, may persist intermittently whole year or have seasonal exaggeration.

VKC and AKC are common conditions and can cause soreness, itching, and redness of the eyes and eyelids. AKC and VKC are a bit like eczema affecting the surface membrane of your eye instead of the skin. Like eczema, it can affect you for some time (months to years) but most young people grow out of having it.

Allergy of the eyes can cause blurring of vision sometimes –

Other symptoms are:

1. Itchy or sore eyes.
2. red eyes.
3. sensitivity to light.
4. sticky or watery eyes.
5. puffy eyes.
6. Stringy, ropy discharge

What causes it?

If you or your family have allergic diseases such as eczema or asthma you are more likely to get ocular allergy.

Everyone has an immune system which helps to fight off germs that could cause infections. Allergic diseases happen when the immune system reacts to harmless substances like dust or pollen. In some people, it affects their breathing (asthma), their skin (eczema) and,

less commonly, their eyes. It is not always possible to discover what is causing your allergy.

How can the doctor tell?

The doctor will usually suspect an allergy as soon as you say your eyes are itchy and they can use a machine called a slit lamp (see picture on next page), to take a closer look at your eyes. The slit lamp will show them if your eyes and eyelids are red. It will also help them to spot if there are tiny bumps called papillae on the inside of your lid or around the dark part of your eye.

Facts:

1. allergy of the eyes can be treated, but cannot be cured.
2. allergy can run in families.
3. most young people eventually grow out of eye allergies.

Symptomatic Treatment:

The doctor will give you anti-allergy eye drops to protect your eyes and make them feel better. These drops need to be used regularly throughout the day. Do not stop using them until the doctor tells you to, even if your eyes feel better, as this could make the problem return or cause damage to your eyes.

It is very important not to rub or scratch your eyes as this can make them worse.

Sometimes the edges of eyelids and margin of lids can be very sore, have flaky material or have some crusts k/blepharitis. This will need some more treatment, as explained in the blepharitis leaflet we have available.

When your eyes are very irritated or the window of your eye (cornea) is damaged, your vision might be affected, you may be

given stronger drops such as steroids which will need to be used very often throughout the day. Steroids will usually make your eyes better quickly but they can have side effects(cataract development and glaucoma) so it is important that these drops are used exactly as the doctor tells you and that you come to your appointments in the clinic.