

# "Pink Eye" - Viral Conjunctivitis

Conjunctivitis is inflammation in the conjunctiva or white part of the eye. The most common type of 'pink eye' is viral conjunctivitis. Viral conjunctivitis is a contagious infection spread by contact. Hand hygiene is very important in preventing the spread of the infection.

Viral conjunctivitis is not curable. Antibiotics only cure bacterial infections. The common cold is an example of one type of viral infection. It may take 1-3 weeks for your body to fight off this infection. Upper respiratory infection or cold symptoms often accompany viral conjunctivitis.

Comfort measures include cool compresses and artificial tears.

Expect your eyes to be crusty in the morning with tearing and redness during the day. The infection will often spread to the other eye. Expect a sandy, gritty sensation that will progressively worsen during the first 5 days of the infection.

Do not wear Contact lenses any time your eyes are red or infected. You can spread the infection to other people as long as your eyes are red and tearing. All door handles, pillowcases, and hand towels should be disinfected. Frequent portable hand sanitizer use is recommended after any hand contact to your face.

You should NOT experience any significant decrease in vision, eye pain, or purulent discharge. If you experience any of these symptoms you should contact our office immediately. Please call us with any questions.

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The Health of Your Eyes is Our Focus

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