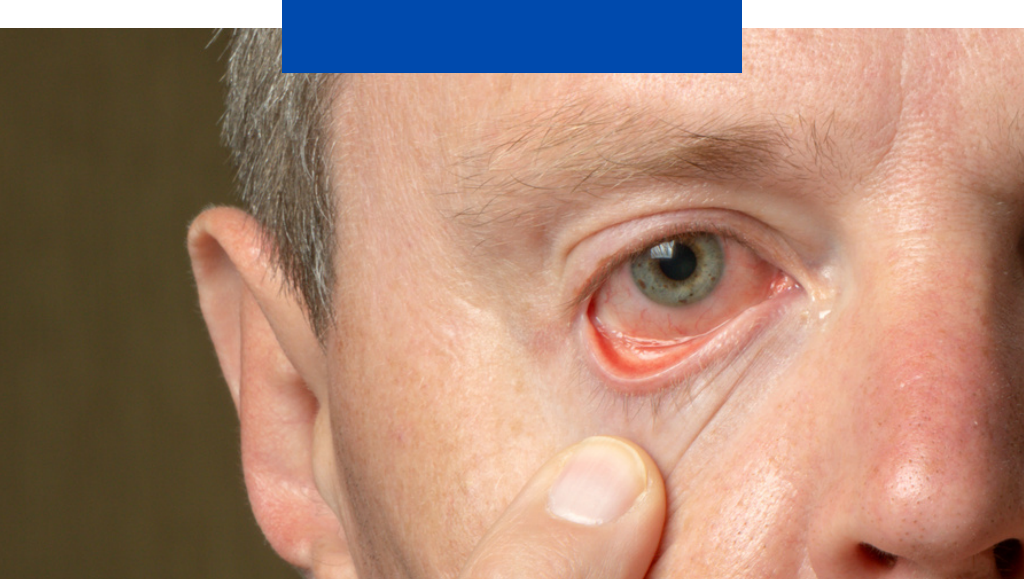


EYE REDNESS

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Eye Redness, which describes red, bloodshot eyes, is often caused when the blood vessels near the surface of the eye become enlarged or dilated and can occur in one or both eyes. While this is often painless and resolves on its own, eye redness can be a sign and/or symptom of a larger issue causing pain or irritation, which may necessitate assistance from your optometrist.

In many cases of eye redness, broken blood vessels on the surface of the eye may be responsible for the appearance of reddened eyes. These subconjunctival hemorrhages occur when tiny blood vessels rupture under the conjunctiva.

While less common than other causes mentioned above, certain diseases like glaucoma or infections can also lead to eye pain and redness. However, these instances usually require medical attention beyond self-care remedies.

Eye redness can indicate that there is a problem in the front and/or back of the eye. As mentioned before, most of the time eye redness indicates that there is disruption to one of the front surface structures. This can be caused by infection, inflammation, allergies, dryness, or eye strain.

Allergies are one common cause. Pollen and pet dander are known allergens that can lead to bloodshot eyes. Dry eyes caused by environmental factors or excessive screen time can result in irritation and redness as well.

Prolonged use of digital devices like smartphones, tablets, or computers can strain the eyes and cause them to become bloodshot. Similarly, reading for long periods without taking breaks can also lead to eye strain and subsequent redness. It's important to identify the underlying causes of eye redness in order to determine appropriate treatment options.



Taking regular breaks during activities that strain the eyes, such as using screens or reading, can help prevent eye redness. It's essential to give your eyes a rest to avoid excessive strain and irritation.

Using proper lighting and ergonomics when working on computers or other devices reduces the risk of developing red eyes. Ensure that the lighting in your workspace is adequate and adjust the brightness and contrast settings on your screen to minimize eye strain.

Protecting your eyes from dust, wind, and harsh sunlight with sunglasses or protective eyewear helps prevent irritation and subsequent redness. Shielding your eyes from external elements can significantly reduce the chances of experiencing redness caused by environmental factors.



Avoid rubbing your eyes excessively as it can worsen existing symptoms and lead to further irritation. When you rub your eyes vigorously, it can cause inflammation and make them even redder. Instead, try using lubricating eye drops to relieve any discomfort or itchiness.

There are several treatment options available. Depending on the severity and underlying cause, different approaches may be recommended. Here are some effective remedies and care strategies to consider:

1. **Eye drops:** For mild cases of eye redness, over-the-counter lubricating eye drops can offer immediate relief. These drops help moisturize the eyes and reduce irritation.
2. **Prescription medications:** In more severe cases or when there is an underlying condition causing the redness, prescription medications may be necessary. These medications target specific causes such as allergies, infections, or inflammation.
3. **Cold compresses:** Applying a cold compress to the eyes can help alleviate inflammation and soothe irritated blood vessels. Simply wrap a clean cloth around ice cubes or use a gel-based eye mask chilled in the refrigerator.
4. **Avoid triggers:** Identifying and avoiding triggers that contribute to eye redness is crucial in preventing further episodes. Common triggers include allergens like pollen or pet dander, exposure to smoke or chemical irritants, excessive screen time, or wearing contact lenses for extended periods without proper care.





In some cases, a more serious or underlying cause of eye redness may not be readily apparent to the patient, and so it is important for an optometrist to examine one's eye to rule out any eye complications. If your red eyes persist for longer than 1-2 days, is accompanied by eye pain or vision changes, you feel sensitivity to light, or you have discharge from one or both eyes, then it is important that you seek immediate attention from your optometrist.

While often eye redness is not serious, it can sometimes indicate other abnormalities that are occurring at the back of the eye. If your eye redness is not improving or your vision becomes compromised, then please book an appointment with one of our optometrists today.



Watch Our Video:
Eye Redness - EXPLAINED



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