

# BURNING EYES

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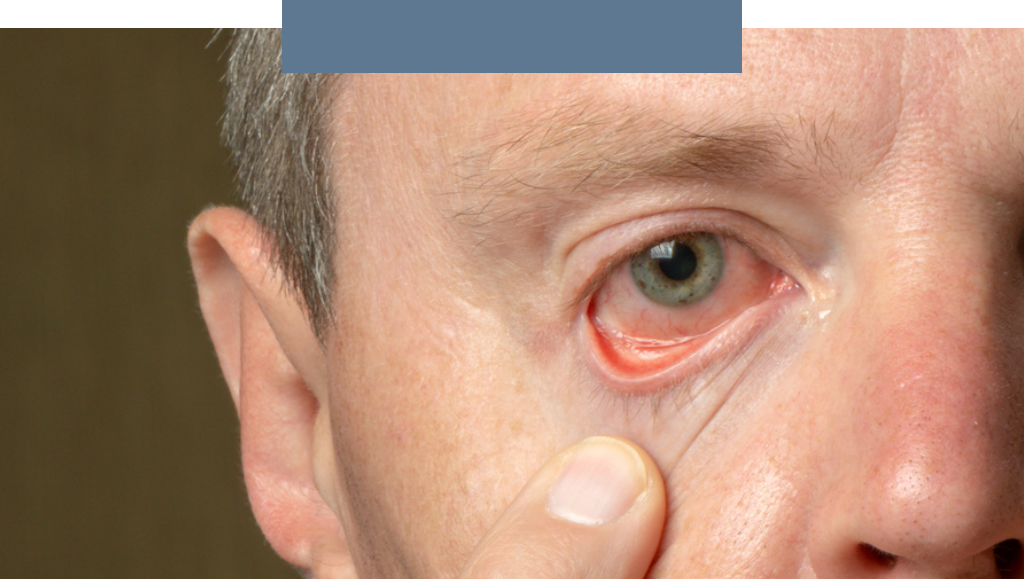
DR STEVEN D'ORIO | OPTOMETRIST



“ **When experiencing burning eyes, individuals may notice a persistent feeling of heat or discomfort in their eyes.** ”

Burning is a common symptom that many patients complain about to their optometrist. When experiencing burning eyes, individuals may notice a persistent feeling of heat or discomfort in their eyes. This sensation can range from mild to severe and is often described as a stinging or burning feeling.

In addition to the burning sensation, other common symptoms include redness, excessive tearing, and sensitivity to light. The eyes might appear bloodshot due to dilated blood vessels, and there could be an increased production of tears in response to the irritation. Individuals with burning eyes may also find that they need to squint or shield their eyes from bright lights due to heightened sensitivity.



## Common Causes Of Burning Eyes

Eye burning can be caused by various environmental factors such as smoke, dust, and allergens.

These irritants can lead to discomfort, redness, and a stinging sensation in the eyes. For instance, exposure to cigarette smoke or air pollution can trigger eye irritation, making the eyes feel dry and uncomfortable.

Extended periods of screen time without adequate blinking can also contribute to eye burning. When we focus on digital screens for long durations, we tend to blink less frequently, leading to an increased risk of developing symptoms like dryness and irritation in the eyes.

This phenomenon is commonly known as computer vision syndrome or digital eye strain.

Wearing contact lenses for an extended period or using certain types of eye makeup products can also result in eye irritation.

Contact lenses may cause discomfort if they are not cleaned properly or if they are worn beyond their recommended duration.

Certain ingredients in eye makeup products could potentially irritate the sensitive tissues around the eyes.

Lastly, chemicals in common household items such as bleach, soap, shampoo, exposure to chlorine while swimming, or extreme hot and cold can also cause eye to burn.

**Along with environmental factors, there are some eye conditions linked to burning sensations.**

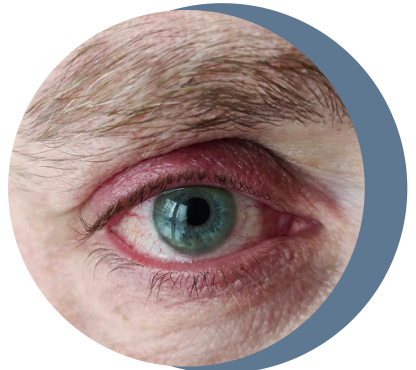
**Dry eye syndrome** is a common condition that can cause eye burning. When the eyes don't produce enough tears or when the tears evaporate too quickly, it can lead to discomfort and a burning sensation. This condition can be caused by factors such as aging, environmental conditions, medications, or certain medical conditions.

Dry eye syndrome often causes symptoms like stinging or burning in the eyes, redness, sensitivity to light, and blurred vision. It's essential to seek medical attention if you experience persistent symptoms of dry eye syndrome.

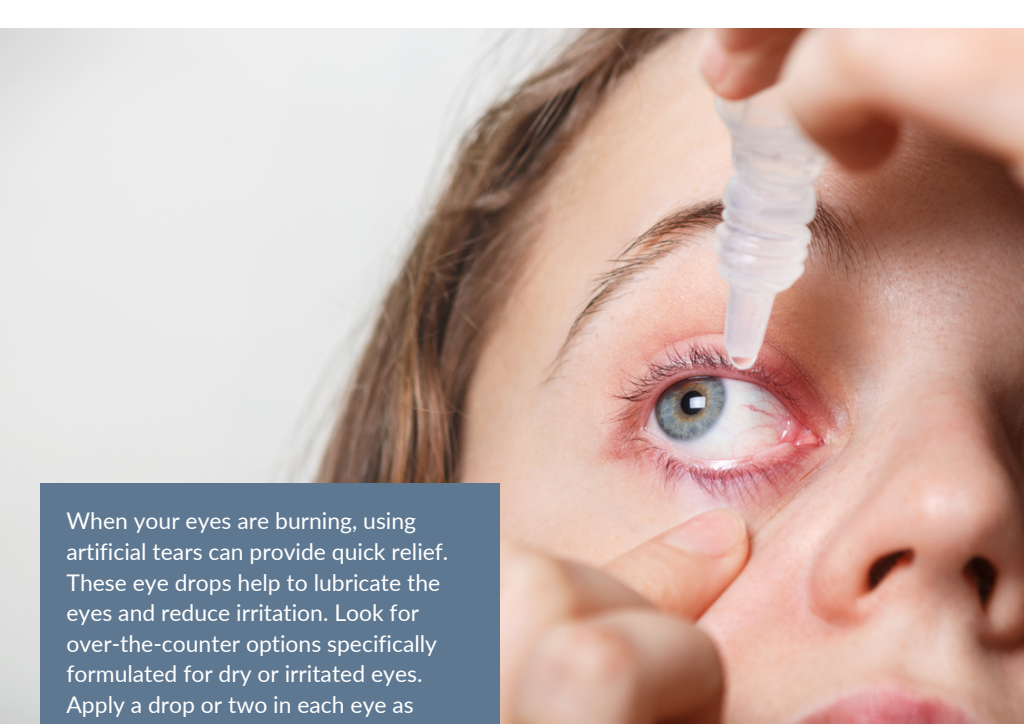
Another potential culprit for eye burning is **blepharitis**, which is an inflammation of the eyelids. This condition commonly occurs when tiny oil glands near the base of the eyelashes become clogged. As a result, it leads to irritated and itchy eyelids along with a gritty or burning sensation in the eyes.



Blepharitis may also cause other symptoms such as crusty debris at the base of your eyelashes upon waking up in the morning and redness around the eyes. To manage blepharitis effectively, proper eyelid hygiene is crucial.







When your eyes are burning, using artificial tears can provide quick relief. These eye drops help to lubricate the eyes and reduce irritation. Look for over-the-counter options specifically formulated for dry or irritated eyes. Apply a drop or two in each eye as needed throughout the day to keep them moist and comfortable.

Consider applying warm compresses to alleviate the discomfort of burning eyes. This simple home remedy helps to reduce inflammation and promote relaxation around the eye area. You can use a clean washcloth soaked in warm water, then wrung out, and gently place it over your closed eyelids for several minutes at a time.

In our digital age, prolonged screen time often leads to symptoms like burning eyes due to decreased blinking frequency. To combat this issue, make it a point to take regular breaks from screens every 20 minutes by following the 20-20-20 rule: look at something 20 feet away for 20 seconds every 20 minutes.

## Home Remedies For Soothing Burning Eyes



Treatment of burning eyes is dependent upon the cause. Often, burning eyes will resolve on their own when you remove the irritant. In some cases, over-the-counter artificial tears or antihistamines can provide relief from burning can be prevented.

Intense Pulsed Light (IPL) therapy may be considered as an option depending on the condition, and the severity of the condition. IPL involves using high-intensity pulses of visible light to stimulate the meibomian glands in the eyelids, which can improve oil gland function and relieve symptoms related to evaporative dry eye.





Watch Our Video:  
**Burning Sensation In The Eyes - EXPLAINED**

If your eye burning persists or worsens, it is time to seek professional help. Persistent symptoms such as redness, irritation, and sensitivity to light could indicate an underlying issue that requires medical attention. If you experience these symptoms for more than a day, consulting with an eye care specialist or visiting the emergency medicine department is crucial.



Watch Our Video:  
**Dr D'Orio Symptoms | Burning**

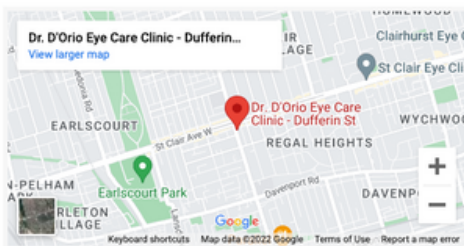
If you notice any discharge from the eyes accompanied by eye burning, this may indicate an infection that needs prompt medical evaluation. Any changes in vision should also not be overlooked. Sudden blurriness or difficulty focusing could signify a more serious problem that necessitates professional assessment.





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