



SWOLLEN EYES

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Swollen eyes are a common symptom that can be related to a variety of causes, anywhere from allergies to ocular trauma. In many cases, the swelling is short term and will resolve itself within 24 hours. Swelling can also be reduced by applying a cold compress, but the course of treatment will also depend on the cause.

Swelling in the eyelids can bring discomfort, redness, and hinder eye movements. It's essential to identify the root cause of swollen eyelids for proper treatment. Ignoring persistent swelling could worsen the condition.

Identifying why your eyelids swell is crucial for effective treatment. Proper diagnosis ensures appropriate management and relief from discomfort.

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Causes Of Eye Swelling

Injury or Trauma

- Swelling can be due to an injury or trauma. For instance, getting hit in the eye during a sports activity can lead to swelling on one side. The impact causes blood vessels around the eye to break, resulting in swelling.
- In some cases, a person might accidentally scratch their eye, causing irritation and subsequent swelling. Even rubbing the eyes vigorously can contribute to inflammation and swelling in one eye.

Infections

- Infections like conjunctivitis (pink eye) or styes are common culprits for eye swelling. Conjunctivitis is contagious and can cause redness, itching, and discharge along with swollen eyelids. Styes occur when oil glands get blocked, leading to painful lumps near the edge of the eyelid.

- Orbital cellulitis is a severe infection that can result in one-sided eye swelling. This condition affects the tissues surrounding the eyeball and requires immediate attention because it is considered a medical emergency.

Allergies

- When the body comes into contact with an allergen, such as pollen, pet dander, or certain foods, the immune system may overreact, releasing histamines and other chemicals.
- This inflammation results in symptoms like redness, itching, and swelling of the eyelids. The swelling occurs as blood vessels in the conjunctiva dilate, allowing fluid to accumulate in the surrounding tissues. This not only causes discomfort but can also interfere with vision if severe enough.

Using a cold compress can effectively reduce swelling and provide comfort to swollen eyes. This simple remedy helps constrict blood vessels, decreasing inflammation. For instance, applying a cold washcloth or chilled cucumber slices can offer quick relief.

Cold compresses are both an easy and accessible solution that many people find effective in reducing eye puffiness. By placing a cold item on the affected area, you can help alleviate discomfort and minimize swelling rapidly.

Over-the-counter antihistamine eye drops are beneficial for addressing swollen eyelids triggered by allergies. These drops work by combating histamines, which cause allergic reactions leading to eye irritation. They are convenient to use and can bring about rapid relief from allergy-induced eye swelling.

Chamomile or green tea bags, steeped in hot water and then cooled in the refrigerator, can be applied to swollen eyes. The anti-inflammatory properties of tea can help reduce swelling and ease discomfort. Place the cooled tea bags over closed eyelids for 10-15 minutes.



Drinking plenty of water can help flush out toxins and reduce inflammation throughout the body, including the eyes. Aim to drink at least eight glasses of water a day to stay hydrated and promote overall eye health.

For severe allergic reactions causing persistent eye swelling, prescription-strength antihistamine eye drops or corticosteroids may be necessary. These medications help to reduce inflammation and alleviate symptoms but should only be used under the guidance of a healthcare provider.



Watch Our Video:
Swollen Eyes - EXPLAINED

If you experience swollen eyes along with severe pain, vision changes, or difficulty breathing, it's crucial to seek immediate medical attention. These symptoms could indicate a more serious underlying issue that needs prompt treatment. In such cases, do not delay seeking help.



Watch Our Video:
Dr D'Orio Symptoms | Swollen Eyes

Remember, your eyes are crucial, so taking care of them is essential. If you notice any persistent swelling or discomfort in your eyes, don't hesitate to consult an eye care professional. Your eyesight is precious, so treat it with the utmost care and attention it deserves.





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