



Please call 911 if you think you have a medical emergency.

Eye Allergy Treatment

Self-Care at Home

With allergies, “an ounce of prevention is worth a pound of cure.” Avoidance of the allergen(s) is the mainstay in the treatment of allergies. If you can identify and avoid the particular agent that you are allergic to, your symptoms will improve dramatically. To further help alleviate your symptoms, you may want to try these tips for self-care at home.

- Reduce the allergen load by minimizing clutter where allergens can collect.
 - Limit pillows, bedding, draperies, and other linens, such as dust ruffles and canopies.
 - Reduce the number of knickknacks that collect dust.
- Minimize carpeting that can harbor dust mites.
- Clean regularly and thoroughly to remove dust and mold.
- Eliminate water leaks and standing water that encourage mold growth.
- Use barriers and filters.
 - Cover mattresses and pillows with allergen impermeable covers.
 - Use allergen filters in both the furnace and the air conditioner in your home. Also, be sure to change them regularly.
 - Keep outdoor allergens outdoors by keeping windows and doors closed
 - Avoid pet dander and other irritants.

Unfortunately, avoidance of the allergen(s) is not always easy or possible. In this case, the following at-home treatments may provide you with some relief from your ocular allergies.

- Apply cold compresses to your eyes to help reduce the allergic reaction.
- Use artificial tears/lubricating eyedrops as needed to help flush out allergens that get into your eyes.
- Use over-the-counter medications, such as allergy eyedrops and oral antihistamines, as directed for mild allergies.

Medical Treatment

Numerous over-the-counter medications, such as allergy eyedrops and oral antihistamines, can be used as directed for mild allergies. In addition, many prescription eyedrops are also available to help reduce allergies.

more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Prevention](#)
- [Outlook](#)

For more information, read the complete article, Eye Allergies

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59160>) on <http://www.emedicinehealth.com>.

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