

CONJUNCTIVITIS TREATMENT



Viral Conjunctivitis is like a “cold” in your eye.

Some viruses are mild & some are more severe & can turn into a bacterial infection.

If you feel fatigued, achy, feverish – you might be sick with a general viral infection too.

EYELASHES trap *allergens, dust, & debris* → TEAR FILM carries viruses, bacteria, allergens
→ *BACTERIA & VIRUSES* build up on the EYELID MARGINS

1 “LID SCRUBS”- clean/sanitize eyelids

Ocusoft Plus or Allergy (antibacterial wipes or foam to clean eyelids)

Clean upper & lower eyelids along the eyelash margins thoroughly (do not rinse off)

→ 2 X a day (morning & evening) for 1-2 weeks until symptoms resolve

Ocusoft Allergy \$25
(box of 30 wipes) Tea Tree
for extra relief

Sold in our office at a reduced price for patients
(*Ocusoft Original is sold in stores but is not antibacterial & must rinse off*)



TIP: Store in
fridge- cold drops
feel soothing!



2 “EYE RINSE”

Refresh or Blink (preservative free tears in single use vials)

Rinse each eye with a full vial to dilute the buildup of virus & mucus

→ 2 X a day (morning & evening) *after lid scrubs & as needed* during the day
(just not within 20 minutes of medicine drops If applicable)

Sold in stores such as
Walmart or Walgreens

3 MEDICATIONS PRESCRIBED

ALAWAY or PATADAY (OTC antihistamine drops to reduce itching/inflammation- no Rx needed)

➤ 1 drop In each eye 1-2 X a day for 5 days, then as needed for itchy eyes

ERYTHROMYCIN ANTIBIOTIC OINTMENT (prescription ointment at the pharmacy)

➤ Apply a pea sized dab to a clean fingertip & wipe Inside the lower eyelid In each eye at bedtime & wipe along lid margins for 5-7 days or until symptoms resolve



(See next page for more suggestions)

If any symptoms worsen- contact our office immediately. Viral conjunctivitis may take 5-7 days to resolve, keep your follow up appointment as instructed and report any vision changes or eye pain.

CONJUNCTIVITIS TREATMENT (Cont)



BOOSTING YOUR IMMUNE SYSTEM WILL HELP YOU GET WELL QUICKER

- Rest, Rest, Rest**- your body is fighting an infection
- COOL COMPRESSES**- use a sinus gel pack or cold wet cloth for 10-20 min
- Repeat several x a day if needed to relieve symptoms & reduce swelling
- Wash your hands** frequently, you are contagious
- Wash your pillow cases, sheets, & all surfaces** in your home (spray with **antiseptic** spray)
- Eat healthy**- fruits & veggies, low fat protein
- Hydrate**- drink water & electrolyte water

Dr. Mayes recommends the following supplements:

IMMUNE BOOSTING & SYMPTOM REDUCING SUPPLEMENTS

Buffered Vitamin C (medical grade highly absorbed)

Take 1-2 pills **2 X** a day for 7-10 days



OR

D-Hist

Take 1-2 pills **3 X** a day for 7 days
(Loading dose to achieve effective levels of Quercetin & Vitamin C)

Then Take 1-2 pills **1 X** a day for maintenance



Sold in our office
10 pills = \$15 or
120 pills = \$40

Natural D-Hist is a blend of antioxidants to support seasonal & immune challenges, reduce inflammation, boost your immunity, & help fight off viruses & allergens.

- ✓ **Quercetin** - Antioxidant (found in onions & tea) - A powerful antiviral agent especially when taken with Vitamin C. It also acts as a mast cell stabilizer & antihistamine (similar to Zyrtec)
- ✓ **Stinging Nettle Leaves**- A plant that helps to reduce sinus & nasal congestion & reduces allergic reaction, helps the body fight infections, reduces sneezing, runny nose, & itchy eyes.
- ✓ **Bromelain**- found in pineapple stems - boosts the effect of Quercetin & acts as an antihistamine. Helps with sinus infections, reduces nasal swelling & may reduce symptoms of Asthma & Bronchitis. (Bromelain May thin the blood & interact with blood thinners)
- ✓ **N-Acetyl Cysteine (NAC)**- thins the mucus allowing for the airways to be cleared & supports respiratory health. Commonly used to alleviate cold & flu symptoms, decreases severity of wheezing & coughing.
- ✓ **Vitamin C**- A water soluble vitamin, when the body is under significant stress, Vitamin C is excreted rapidly causing deficiency. Vitamin C boosts the immune system & reduces histamine in the body. Vitamin C sold in stores is often ineffective & poorly absorbed. This supplement is specifically formulated to maximize absorption & effect.

**** CHECK with your PCP before starting supplements if you are on medications****

