

Help! A Red Eye Walked in!

ARUSHA GUPTA, MD

COMPREHENSIVE OPHTHALMOLOGIST

CATARACT & CORNEA SURGEON

SILVER SPRING EYE



Causes of Red eye



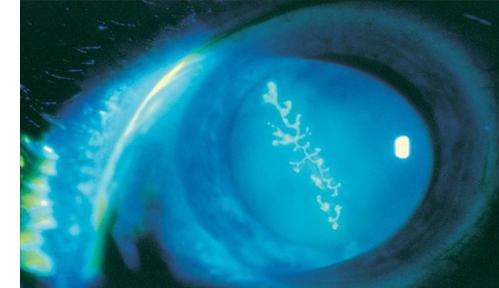
► Conjunctivitis

- Viral- supportive treatment, tears, cool compresses
- Allergic- oral and topical antihistamines
- Bacterial- rare, refer



► Herpetic eye disease

- Start treatment with antivirals
- Refer to check for corneal involvement



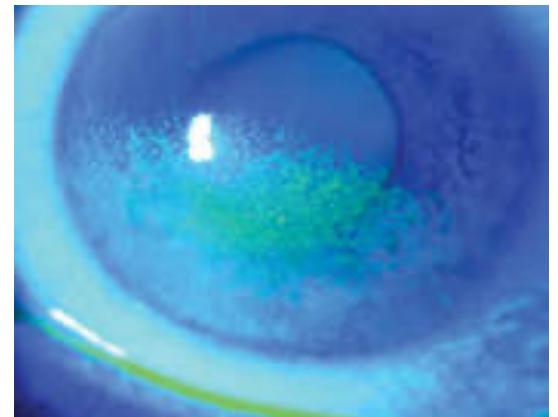
► Subconjunctival hemorrhage

- Supportive



Causes of Red eye

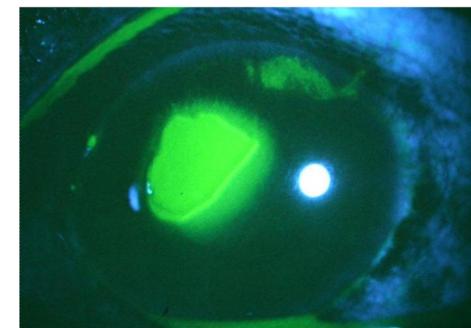
- ▶ Dry Eye
 - ▶ Warm compresses, artificial tears
 - ▶ refer for chronic management
- ▶ Contact lens related
 - ▶ Refer! NO steroid drops
- ▶ Episcleritis/uveitis
 - ▶ Refer



Causes of Red Eye



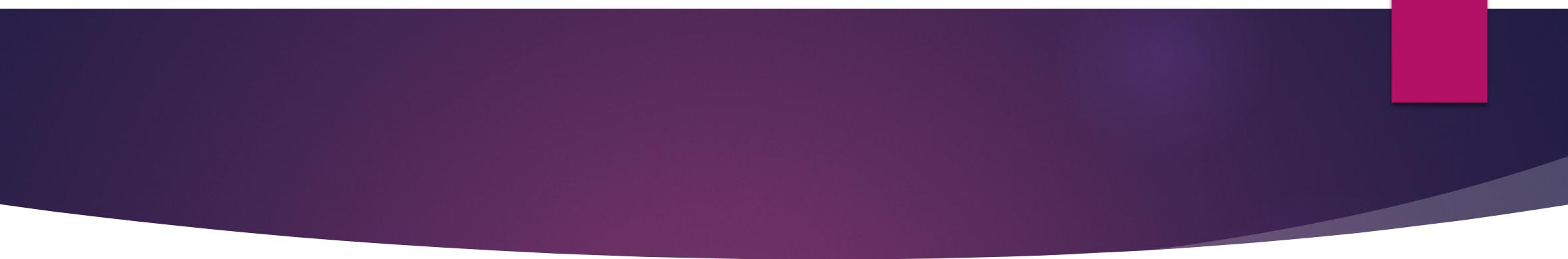
- ▶ Chemical trauma
 - ▶ Alkali worse than acid
 - ▶ Eye wash → Refer
- ▶ Mechanical trauma
 - ▶ Check with fluorescein
 - ▶ Prescribe antibiotic drops
 - ▶ Patch
 - ▶ NO steroids/analgesics



Take home points

- ▶ Majority of red eyes are self limited
- ▶ Red eye in anyone with rheumatologic condition should see ophthalmology
- ▶ Dry eyes need chronic treatment and management
- ▶ Do not prescribe steroid drops unless sure of diagnosis





Thank You!

Questions?

