

Itchy eyes

About

Usually, itchy eyes are the result of an allergy although there are other possible causes, depending on the symptoms.

Causes

Itchy eyes are generally caused by an allergy – such as pollen, dust or animal dander. That triggers a reaction in the body and the release of histamines in the tissues around the eyes, which results in itching, red eyes and swollen eyes.

Eye allergies can be seasonal or perennial.

All sorts of products and their ingredients may give you itchy eyes and these include solutions you use for your contact lenses, some kinds of eye makeup and skins creams, lotions and soaps; even eye drops for dry eyes can cause the itching.

You may have other symptoms along with the itching, such as burning eyes and these could be caused by a gland dysfunction or dry eye syndrome, rather than any allergies. Blepharitis is a condition that makes your eyelids red and swollen; it's usually caused by bacteria but microscopic mites are another possible cause.

Symptoms

- Irritated red eyes.
- Tearing in the eyes.
- Swollen eyelids.
- Soreness, burning, or pain.

Treatment

Artificial tears and eye drops to stop any allergy can be used to treat itchy eyes.

Sometimes, relief from the symptoms of itchy eyes can only be relieved by using oral medicines or even prescription eye drops.

The cures for itchy eyes can include drops for allergies or even artificial tears, antibiotics or other medications.

The most important basic advice to anyone with itchy eyes is not to rub them because it

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just makes them worse and even itchier. You could even create more problems by scratching the cornea or causing an eye infection through bacteria on your fingers.

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