



## Ocular Allergies

Allergies affecting the eye are fairly common. The most common allergies are those related to pollen, particularly when the weather is warm and dry.

Symptoms can include redness, itching, tearing, burning, stinging, and watery discharge, although they are not usually severe enough to require medical attention. Antihistamine decongestant eyedrops can effectively reduce these symptoms, as does rain and cooler weather, which washes the pollen from the air.

An increasing number of eye allergy cases are related to medications and contact lens wear. Also, animal hair and certain cosmetics, such as mascara, face creams, and eyebrow pencil, can cause allergies that affect the eye. Touching or rubbing eyes after handling nail polish, soaps, or chemicals may cause an allergic reaction. Some people have sensitivity to lip gloss and eye makeup.

Allergy symptoms are usually temporary and can be eliminated by avoiding contact with the offending cosmetic or detergent. Chronic allergies can be frustrating and not uncommon in the Dallas Fort Worth area. Co-management with an allergist is sometimes necessary.

Each patient's eye is different. The description above may not apply to every individual situation. Your doctor will perform a full evaluation and discuss her findings thoroughly. A treatment regimen will be planned and re-evaluated throughout follow-up visits. Please contact your doctor if you feel you have dry eyes or if you have any concerns or questions regarding your ocular health.