

Pink Eye- Home Treatment

Home treatment for **pinkeye** will help reduce your pain and keep your **eye** free of drainage. If you wear contacts, remove them and wear glasses until your symptoms have gone away completely. Thoroughly clean your contacts and storage case.

Cold compresses or **warm compresses** (whichever feels best) can be used. If an **allergy** is the problem, a cool compress may feel better. If the **pinkeye** is caused by an infection, then a warm, moist compress may soothe your **eye** and help reduce redness and swelling. Warm, moist compresses can spread infection from one **eye** to the other. Use a different compress for each eye, and use a clean compress for each application.

When cleaning your eye, wipe from the inside (**next to the nose**) toward the outside. Use a clean surface for each wipe so that drainage being cleaned away is not rubbed back across the eye. If tissues or wipes are used, make sure they are put in the trash and are not allowed to sit around. If washcloths are used to clean the eye, put them in the laundry right away so that no one else picks them up or uses them. After wiping your eye, **wash your hands** to prevent the **pinkeye** from spreading.

After **pinkeye** has been diagnosed:

- Do not go to **day care** or school or go to work until pinkeye has improved.
- **If the pinkeye is caused by a virus**, the person can usually return to day care, school, or work when symptoms begin to improve, typically in **3 to 5 days**. Medicines are not usually used to treat viral pinkeye, so preventing its spread is important. Home treatment of the symptoms will help you feel more comfortable while the infection goes away.
- **If the pinkeye is caused by bacteria**, the person can usually return to day care, school, or work after the infection has been treated for **24 hours** with an **antibiotic** and symptoms are improving. **Prescription antibiotic treatment usually kills the bacteria that cause pinkeye.**
- Use medicine as directed. Medicine may include eye drops and eye ointment.