

DR. JAMES ROMANO
CONJUNCTIVITIS PROTOCOL

Conjunctivitis (commonly called "**pinkeye**" in the USA) is an inflammation of the [conjunctiva](#) (the outermost layer of the [eye](#) and the inner surface of the [eyelids](#)), most commonly due to an allergic reaction or an infection (usually bacterial or viral).



Eyes with conjunctivitis.

Redness, irritation and watering of the eyes are symptoms common to all forms of conjunctivitis. Itch is variable.

- ❖ *Viral conjunctivitis* is often associated with an infection of the upper [respiratory tract](#), a common cold, or a sore throat. Its symptoms include watery discharge and variable itch. The infection usually begins with one eye, but may spread easily to the fellow eye.
- ❖ *Bacterial conjunctivitis* due to the common [pyogenic](#) (pus-producing) bacteria causes marked grittiness/irritation and a stringy, opaque, grey or yellowish [mucopurulent discharge](#) (*gowl*, *goop*, *sleep*, or other regional names) that may cause the lids to stick together (*matting*), especially after sleeping. However discharge is **not** essential to the diagnosis, contrary to popular belief. Many other bacteria can cause a very persistent conjunctivitis without much redness. The gritty and/or scratchy feeling is sometimes localized enough for patients to insist they must have a foreign body in the eye. The more acute infections can also be painful. Like viral conjunctivitis, it usually affects only one eye but may spread easily to the other eye.

TREATMENT

- ✚ WARM SALINE COMPRESSES TO EYES EVERY FEW HOURS. EACH EYE MUST HAVE ITS OWN COMPRESS.
- ✚ EACH TIME YOU APPLY WARM COMPRESSES, LIGHTLY MASSAGE EYES FOR SEVERAL MINUTES. START FROM THE OUTER CORNER TO THE INNER CORNER OF THE EYE TO HELP LOOSEN FOREIGN MATERIAL AND OPEN DUCTS TO PROMOTE DRAINAGE.

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- ✚ NEVER USE THE SAME COMPRESS FOR BOTH EYES.

- ✚ DO NOT TOUCH OR RUB EYES WITH YOUR BARE HANDS. IF YOU INADVERTANTLY TOUCH THE EYES, WASH YOUR HANDS WITH SOAP AND WATER. PROPER.
- ✚ HANDWASHING IS VERY IMPORTANT TO PREVENT THE SPREAD OF THIS CONTAGIOUS INFECTION OF THE EYES.

- ✚ WEAR SUN GLASSES IN BRIGHT LIGHT.

- ✚ USE DOXYCYCLINE 100 MG CAPSULES TWICE A DAY FOR 7 DAYS AS PRESCRIBED. TAKE ANTIOTIOTICS WITH FOOD AS THEY MAY OTHERWISE CAUSE NAUSEA.

- ✚ FOLLOW UP WITH YOUR DOCTOR IF SYMPTOMS ARE NOT RELIEVED.