

Seasonal Eye Allergy

Patient Information

Information and advice to help you understand
and manage your condition



Seasonal Eye Allergy

Seasonal Allergic Conjunctivitis (SAC) is a seasonal eye condition which occurs throughout the year – usually early spring through summer and into autumn.

Common allergies affect up to 40% of the world's population and are the most common chronic condition in Europe. By the year 2025, it is predicted that 50% of the European population will suffer from allergies.

People can also suffer from a number of different eye allergies. Seasonal allergic conjunctivitis (SAC) however, is one of the most common forms of eye allergy. Over 50% of patients that visit clinics with an eye allergy, suffer from SAC.



Symptoms

If you have seasonal eye allergy, you may suffer from **some** or **all** of the following:



SWELLING OF EYELIDS



ITCHY WATERY EYES



LIGHT SENSITIVITY



BLURRED VISION



**SORE, RED
INFLAMED EYELIDS**



**CONTACT LENS
DISCOMFORT**



**BURNING OR
GRITTY SENSATION**



**EYELIDS THAT ARE
DIFFICULT TO OPEN
IN THE MORNING**

Causes

What are the **possible causes**?

Triggers are **allergens** in the air, commonly pollen from grasses, trees and weeds. Knowing when symptoms strike, for example, going outside on a windy, high-pollen-count day, will help you avoid symptom onset.

Itching is a dominant symptom in seasonal eye allergy, as well as watery/mucous discharge, burning, and redness. If you are affected by hay fever and other seasonal allergies, you may also experience symptoms involving the nose and throat.



Healthy eye



Seasonal eye allergy

Advice

Knowing the pollen calendar will help you to prepare for seasonal allergic symptom onset. The pollen season can begin as early as February, dropping off in the month of September, but can continue into winter months also. Symptomology is most prevalent during the summer months when tree, grass and weed pollens peak.

You can help treat seasonal eye allergy by:

- **Staying indoors** whenever possible to avoid pollen
- **Avoid rubbing your eyes** as this will make symptoms worse
- **Keep windows and doors shut** as much as possible
- **Wear wraparound sunglasses** to stop pollen getting into your eyes
- **Vacuum bedsheets/curtains** regularly to remove pollen, if possible

It's advised to keep track of daily pollen counts and forecasts by visiting www.metoffice.gov.uk/health/public/pollen-forecast

FEBRUARY - MAY

Tree pollen



MAY - JUNE

Grass pollen



JUNE - SEPTEMBER

Weed pollen



Treatment

To treat symptoms of seasonal eye allergy, your doctor may put you on a **daily eyecare regimen**. This may involve the use of specific allergy eye drops such as antihistamines and mast cell stabilisers. Used in combination, these eye drops can act to **reduce inflammation and relieve allergic symptoms, providing long-term relief**.

Importance of preservative free

Using preservative free eye drops where possible is recommended, as the long-term use of preservatives can cause discomfort and potentially be harmful to the surface of the eye.

Allergy eyecare regimen

1. Cleanse

Commercially available **lid scrubs, wipes and foams** can aid removal of pollen particles from the eyelids. Lid scrubs and wipes are available pre-soaked in a cleansing solution and are ready to use.

Preservative free methods are available and recommended, as long-term use of preservatives can cause discomfort.

2. Cool

Applying a **cold compress** or cooled cloth* to closed eyelids can help relieve eyelid swelling and relieve burning and itching sensations.

**A cooled cloth may not maintain cool temperatures to relieve symptoms of inflammation than a commercially available cold compress made specifically for the eye.*

3. Hydrate

Doctors recommend the use of **preservative free eye drops**, which have shown to be more effective than preserved eye drops in reducing inflammation on the eyes.

Consult your doctor for more information.



Ask your healthcare professional



As there are many treatment options available, please ask your healthcare professional which is best for you.

Your healthcare professional recommends:

1. Product recommended: _____

Use times daily for weeks

2. Product recommended: _____

Use times daily for weeks

3. Product recommended: _____

Use times daily for weeks

4. Product recommended: _____

Use times daily for weeks

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