

## Self Care Information for Patients: Conjunctivitis

### Summary

Conjunctivitis is often called 'pink eye'. It is self-limiting and it will resolve within a week.

### What can you do to help?

DO's:

- Clean your eyelids with cotton wool soaked in sterile saline or boiled and cooled water to remove any discharge.
- Gently apply cool compresses to the eye area.
- See a pharmacist or optometrist if your eyes don't get better or get worse.
- Wash hands regularly with warm soapy water.
- Wash pillows and face cloths in hot water and detergent.

DON'T's:

- Do not rub your eyes, do not share towels and pillows to stop infectious conjunctivitis from spreading.
- Do not wear contact lenses until symptoms improved.

### When shall I see a General Practitioner (GP)?

- If your symptoms last for longer than 10 days OR you have any of the following symptoms: pain in the eyes, sensitivity to light, changes in vision and intense redness in one or both eyes, contact the local [Minor Eye Conditions Service](#) or ask your pharmacist.
- If you wear contact lenses and have conjunctivitis symptoms that are not improving or have any of the above features urgently contact your contact lens practitioner or the [Minor Eye Conditions Service](#).
- If your baby has red eyes – get a same day GP appointment if baby is less than 28 days old.

### Document History

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