

Eye Redness and Pain

Ascension
Personalized Care

What to know and when to get help

It is best to see an eye doctor if you are having problems with your eyes. Please reference the guidelines below to manage your symptoms and track the severity of your condition.



Manage your symptoms by:

- Avoiding rubbing or touching eyes
- Washing hands frequently
- Avoiding wearing contact lenses
- Applying warm compress to eyes for 15-20 minutes, 4 times per day



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Change in your vision
- Yellow or green eye drainage
- Red swollen eyelid
- Persistent pain, itching, burning or tearing of your eye



Go to the ER or dial 911 if you have:

- Eye injury or foreign body in eye
- Sudden vision loss or double vision
- Sudden appearance of floaters or flashers
- Inability to move your eye
- History of glaucoma
- Exposure to acid such as battery acid, drain cleaner or lye

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.

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