

Acnea rosacea and dry eyes

ASK YOUR OPTOMETRIST

Acne rosacea, a very common skin disorder, may affect the eyes in a complication known as ocular rosacea.

About half of all people with rosacea report feeling burning, dryness, and grittiness of the eyes (conjunctivitis). These individuals may also experience redness of the eyelids and light sensitivity.

Untreated, ocular rosacea may cause a serious complication that can damage the cornea, called rosacea keratitis.

Patients who suffer from ocular rosacea may be treated with warm compresses, artificial tears and washing the area around the eye with warm water, including the eyelids, to help alleviate symptoms. Additionally, oral antibiotics, typically doxycycline, may be prescribed.

Some patients feel that dietary restrictions of caffeine, spicy foods, and alcoholic beverages may reduce or eliminate symptoms. Ocular rosacea often goes unrecognized and untreated because its symptoms-dry eyes, foreign-body sensation, redness-are pretty mundane.



Your optometrist can assist in a proper eye evaluation and prescribe eye drops to treat ocular rosacea.