

Dry Eyes, Blood in the Eye, and Eye Twitches

Dry eyes often feel hot, sandy, or gritty. This condition may be caused by smoke, low humidity, or by certain medications, such as antihistamines, decongestants, or birth control pills. Dry eyes can also be the result of the normal aging process.

You can usually treat dry eyes successfully at home by using an over-the-counter artificial tear solution, such as Akwa-Tears, Duratears, or Hypotears. These are different from eye drops, such as Visine, which reduce eye redness but not necessarily dryness. You should call your medical professional if dry eyes persist after using one of the artificial tear solutions.

Blood in the eye

Blood in the eye occurs when blood vessels in the white part of the eye break and cause a red spot or speck. This is called a subconjunctival hemorrhage. Although blood spots usually clear up by themselves in two or three weeks and don't require any treatment, you should call your medical professional if:

1. your eye is bloody and painful
2. you see blood in the colored part of your eye
3. bleeding follows a blow to the eye
4. bleeding occurs often
5. bleeding occurs after you start taking blood thinners—also known as anticoagulants

Eye twitches

Eye twitches, or muscle spasms around the eye, are often symptoms of fatigue or stress. Often they are troublesome only for a day or two at a time. Eye twitches should improve with rest and your own efforts to reduce stress. Call your medical professional if eye twitches last longer than a week or two or if they're accompanied by redness, swelling, discharge, or fever.

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For more health information ...

- Connect to our Web site at *members.kp.org*
- Check your *Kaiser Permanente Healthwise Handbook*.
- Listen to the Kaiser Permanente Healthphone at 1-800-332-7563. For TTY, call 1-800-777-9059.
- Visit your facility's Health Education Department for books, videos, classes, and additional resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

If you have questions or need more information about your medication, please speak to your pharmacist.

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