

# San Anselmo Optometry

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## ALLERGY

**Symptoms:** May include itching, tearing, swelling, redness, burning and eye discharge.

### Treatments:

1. Saline rinsing and/or cold compresses
2. Over-the-counter medications (OTC)
3. Prescription medications

### Saline rinsing and cold compresses

Often just rinsing out the eye with saline can be refreshing and remove lots of particle matter and pollen that is trapped on top of the eye. You can find Saline at most drugstores in the Contact Lens solution area. Using a cold compress is very often comforting and can be done as often as needed.

### Antihistamine & Vasoconstrictors OTC

These can be used for short periods. Because they may cause a rebound increase in redness, if long term relief is needed then better prescription medications should be used. These products generally use the active ingredient Pheniramine maleate or Naphazoline.

- Naphcon-A
- Opcon-A

### Antihistamine/Mast cell stabilizer OTC

- Zaditor - (CVS has equivalent called Eye Itch Relief)
- Alaway
- Zyrtec Itchy Eye
- Claritin Eye

### Alternative remedies OTC

- Similasan Allergy Eye Relief Eyedrops

### Prescription Medications

#### Antihistamine

- Emadine
- Livostin
- Lastacaft

#### Mast Cell Stabilizers

- Alamast
- Elestat
- Bepreve

#### Antihistamine and Mast cell stabilizer combinations

- Optivar
- Patanol/Pataday
- Elestat
- Bepreve

#### NSAID (non-steroidal)

- Acular

#### Steroid

- Alrex