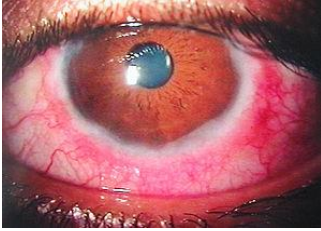


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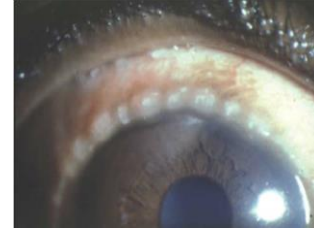
## Vernal Conjunctivitis



Redness of  
Conjunctiva and  
SPK of Cornea



Giant  
Papillary



Trantas Dots

Vernal conjunctivitis is long-term (chronic) swelling (inflammation) of the outer lining of the eyes. It is due to an allergic reaction.

### Causes

Vernal conjunctivitis often occurs in people with a strong family history of allergies. These may include allergic rhinitis, asthma, and eczema. It is most common in young males, and most often occurs during the spring and summer.

### Symptoms

#### Symptoms include:

- Burning eyes
- Discomfort in bright light (photophobia)
- Itching eyes
- The area around the cornea where the white of the eye and the cornea meet (limbus) may become rough and swollen
- The inside of the eyelids (most often the upper ones) may become rough and covered with bumps and a white mucus
- Watering eyes (epiphora)

### Treatment

- Avoid rubbing the eyes because this can irritate them more.
- Cold compresses (a clean cloth soaked in cold water and then placed over the closed eyes) may be soothing.

- Lubricating drops may also help soothe the eye.

If home-care measures do not help, you may need to be treated by your Ophthalmologist.

**Treatment may include:**

- Antihistamine or anti-inflammatory drops that are placed into the eye.
- Eye drops that prevent a type of white blood cell called mast cells from releasing histamine (may help prevent future attacks).
- Mild steroids that are applied directly to the surface of the eye (for severe reactions).
- Recent research suggests that a mild form of cyclosporine, which is an anti-cancer drug, may be helpful for acute episodes. It may also help prevent recurrences.

**Outlook (Prognosis)**

The condition continues over time (is chronic). It gets worse during certain seasons of the year, most often in the spring and summer. Treatment may provide relief.

**Possible Complications**

**Complications may include:**

- Continuing discomfort
- Reduced vision
- Scarring of cornea

**When to Contact a Medical Professional**

Call your provider if your symptoms continue or get worse.

**Prevention**

Using air conditioning or moving to a cooler climate may help prevent the problem from getting worse in the future.