

Eye Irritation

Eye tearing, redness, irritation, and dryness may occur as a side effect of radiation treatments.

Recommendations:

During the day:

Use moisturizing eye drops at least 3 times a day. You may wish to keep a bottle at your bedside, and one in your pocket, purse, or at your work area for convenience.

Try closing your eyes and resting a warm wet washcloth over your eyes for 10 or 15 minutes.

Running warm water on your closed eyes in the shower can be soothing.

Avoid sitting in front of a fan or air conditioner, which may aggravate dryness.

At night:

A humidifier at your bedside can moisturize the air and help with symptoms (be sure to follow cleaning instructions).

You can try ophthalmic ointment, available over the counter, before you go to bed at night.



To use eye ointment, pull the lower eyelid down with one or two fingers to create a pouch. Put a thin line of ointment in the pouch. Close the eye for 30 to 60 seconds to let the ointment absorb. Your vision may blur for a short time after the ointment is applied.

Brands for both eye drops and ointment include:

GenTeal®

Thera Tears®

Systane®

Soothe®

Refresh®

Tears Naturale®

Blink®

Store brands may be less expensive, and are ok to use.

Let your doctor know if symptoms are worsening, you have pain or discharge from the eye(s), or if you experience vision changes.