



# David E. Simai M.D.

---

## Board Certified Pediatrician

660 Central Avenue,  
Suite #3  
Cedarhurst, New York 11516  
Tel. (516) 374-2228  
Fax. (516) 374-2044  
Email: DavidSimai@yahoo.com

## Treatment of Eye Infection Before Using Antibiotics

Most eye infections are caused by viruses. Your physician could tell you whether your eyes need treatment with antibiotics based on the eyes appearance and the presenting symptoms (such as fever, lethargy).

**Mucus Draining from the Eyes of Your Infant** - this is very common and very benign (not dangerous). Babies are born with small lacrimal (tear) ducts - the ducts that drain the fluid from the eyes into the nose. Very often these ducts get clogged and cause the eye secretions to dry overnight. Your baby may wake up in the morning with the eye "glued shut" with this mucus. This will appear worse when your baby has a cold or is congested.

**Pink Eye** - when someone has an infection of the eye, the white part of the eye - known as the sclera - turns pink. viral infections produce a small amount of discharge along with this pink eye. bacterial infections cause a large amount of discharge and sometimes significant swelling of the eyelids.

**Most pink eyes are caused by cold which are viral by nature.**

When your child has a mild pink eye, start by performing some warm compresses on the eye.

- First, before touching any of the items, wash your hands well with soap and water.
- You could use a **tea bag** (lipton tea or chamomile, please refrain from using any exotic teas that may cause severe burning and discomfort) or **sterile gauze**.
- dip the tea bag in warm, boiled water.
- massage the area where the Lacrimal (tear) Duct is located - at the juncture of the eye and the nose. Do this using gentle circular motions.
- Then, gently massage the eyelid and rub off the mucus.

Using antibiotic drops or ointment should be reserved for the occasions that your doctor instructs you to use them. Too frequent use of these topical antibiotics in the eye, may cause the bacteria in your child's eye to become resistant and more dangerous later on. In my practice, I seldomly use the "newer generation" of antibacterial eye drops in order to prevent the emergence of resistant bacterial strains.