

The red eye: ulcers, blood vessels and iritis

- If you have any red eye with pain, blurring of vision or discomfort in bright light or after wearing contact lenses, you must contact your doctor.
- If you have a cold sore on your lip and one eye becomes red and your vision blurred, the cold sore virus may have infected the cornea and caused an ulcer. It is important that you are referred to an eye specialist (ophthalmologist), who will prescribe antiviral ointment as soon as possible.
- A painless area of very bright red blood may appear on your eye if a small blood vessel bursts. Sometimes this is caused by high blood pressure, coughing or straining. It can look alarming, but your sight will not be affected, and the spot will improve gradually without treatment.
- Iritis is non-infectious inflammation of the iris, the coloured part of your eye. It often occurs in young or middle-aged people who are otherwise fit and well, but is occasionally associated with general health problems, including back pain.
- Iritis causes redness of the eye, discomfort when looking at bright lights and some blurring of vision. It usually affects one eye at a time and can recur. Your ophthalmologist will prescribe eye drops to treat iritis.

