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## Puffy and painful eyelid

Do you wake up looking as if you cried all night? Are your eyes so swollen when you come home from work that your significant other thinks you spent the day at the pub instead? Swollen, red eyes can make life miserable, not to mention cause others to misinterpret your lifestyle. A little insight, however, can help determine the cause of marshmallow eyes, and the home remedies outlined in this article make them very simple to treat.Reducing SwellingA diet dominated by salty foods or allergies and chronic sinusitis are two common reasons for eye puffiness. Often, what you can't see can bother you. Irritants and chemicals found in makeup, perfumes, and detergents can have inflammatory effects on eyes. And eyes definitely don't take kindly to today's computer-focused workplace; they rebel with redness.Puffy eyes are only a temporary problem for most people. Many cases can be cured by simple home remedies and/or by eliminating substances that may cause swelling. Some helpful tips are available in the next section.For more information about eye care and other associated factors to this little bother, try the following links:To see all of our home remedies and the conditions they treat, go to our main Home Remedies page.Cataracts are very common in the elderly, but there are some herbal remedies that can keep this condition at bay. Find out how in Herbal Remedies for Cataracts.Reducing your puffy eyes might simply require you care for your eyes a bit more. Read about how to do it in How to Care for Your Eyes.If you think your puffy eyes might be a result of not getting enough sleep, you might want to review some Home Remedies for Insomnia.A puffy face may be the result of an inflamed sinus cavity, which you can treat with Home Remedies for Sinusitis.This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. HomeWhat causes swollen eyelids? By Aimee Rodrigues; reviewed by Gary Heiting, OD There are numerous causes of swollen eyelids — ranging from mild to potentially sight-threatening conditions.We've grouped the causes of swollen eyelids alphabetically to make it easy to find what you suspect is causing inflammation or excess fluid (edema) in the connective tissues surrounding the eye:AllergiesEye allergies occur when your immune system overreacts to a foreign substance, called an allergen. Pollen, dust, pet dander, certain eye drops and contact lens solutions are some of the most common eye allergens. An allergic reaction to makeup also is a known culprit of swollen eyes.Eye allergies develop when your eyes release chemical "mediators" to protect your eyes from allergens to which you are sensitive.The most common is histamine, which causes blood vessels in your eyes to dilate and swell, mucous membranes to itch and your eye to become red and watery.BlepharitisBlepharitis is inflammation of the eyelids, usually caused by malfunctioning of the oil glands in the lids that empty near the base of the eyelashes.Blepharitis is characterized by swollen and painful eyelids and can be accompanied by dandruff-like flaky eyelid skin and loss of eyelashes.Blepharitis usually is a chronic condition, meaning symptoms can be controlled with proper treatment and hygiene practices, but it is never fully cured. It often is associated with a bacterial infection, but also can be attributed to acne rosacea and dry eye syndrome.ChalazionA chalazion, also caused by a blocked meibomian gland, at first mimics a sty but then develops into a hard sebaceous cyst. Another difference is that a sty occurs on the edge of an eyelid whereas a chalazion typically develops away from the eyelid edge. Both chalazia and styes cause swollen eyelids and tenderness of the affected area.ConjunctivitisAlso called "pink eye," conjunctivitis is inflammation of the clear lining of the surface of the eye, called the conjunctiva. Allergic, bacterial and viral types of pink eye can all result in swollen eyelids, among other symptoms such as watery, red and itchy eyes.SEE RELATED: Pink eye vs styeContact lens wearImproper care for contact lenses — such as wearing dirty lenses, swimming in contact lenses or storing contacts in a dirty lens case — can cause an eye infection and swollen eyelids. Using damaged contacts also can irritate eyes and cause your eyelids to swell.Eye injuriesAny trauma to the eye area, including an eyelid contusion (commonly known as a black eye) and trauma caused by cosmetic surgery (blepharoplasty, or eyelid surgery), can trigger inflammation and swollen eyes.Graves' diseaseGraves' disease, which stems from an overactive thyroid (hyperthyroidism), often is associated with swollen, puffy eyelids and bulging eyes, as well as double vision and drooping eyelids (ptosis). If you exhibit any of these symptoms, see your eye doctor as soon as possible for proper diagnosis and treatment.Ocular herpesTransmitted by the common herpes simplex virus, ocular herpes sometimes is dubbed "the cold sore of the eye," and causes inflammation (and sometimes scarring) of the cornea.Symptoms of eye herpes can be similar to pink eye, however there may be painful sores on your eyelid, blurry vision due to a cloudy cornea and swollen eyes which may be so extreme that it obstructs your vision.Type of eye herpes range from a mild infection to a more serious eye health problem that could result in a corneal transplant or even loss of vision.Orbital cellulitisOrbital cellulitis is a rare but serious bacterial infection of tissues surrounding the eye, resulting in painful swelling of the upper and lower eyelid, and possibly the eyebrow and cheek. Other symptoms include bulging eyes, decreased vision, fever, and eye pain when moving the eyes.Orbital cellulitis is a medical emergency and prompt IV antibiotic treatment often is needed to prevent optic nerve damage, permanent vision loss or blindness and other serious complications.Periorbital cellulitisPeriorbital cellulitis is a relatively common infection and/or inflammation of the eyelid and portions of skin around the eye. The infection may be caused by bacteria, viruses or other pathogens. Periorbital cellulitis also is called preseptal cellulitis because the affected area is anterior to the orbital septum — a sheet-like tissue that forms the tough, fibrous back portion of the eyelids.StyesUsually appearing as a swollen, reddish bump on the edge of an eyelid, styes are caused by bacterial infection and inflammation of a meibomian gland. When these oil-producing glands get blocked, eyelid swelling is a typical symptom. Styes are usually harmless, but they can cause the whole eyelid to swell and be tender to the touch.READ NEXT: How to get rid of swollen eyelidsDid You Know? Why do eyes swell after crying?The watery component of tears is produced in the lacrimal glands near the eye and are essential for healthy eyes, keeping the eyes cleansed, protected and lubricated.Tears drain through the nasal cavity, which explains a runny nose after excess tear production.There are three types of tears:Basal tears, which provide a constant film of tears to keep the eye moist.Reflex tears, which protect the eyes when they are exposed to irritants such as smoke or come into contact with a foreign body.Emotional tears, which are produced in response to a strong emotion.With emotional tears, the lacrimal glands are sent into overdrive, producing a continuous flow of watery tears. The fine tissues around your eyes absorb some of the overflow of tears, causing the eyes to become temporarily puffy and swollen.In addition, the autonomic nervous system responds to strong emotion, such as the urge to cry, by increasing blood flow to the face, further contributing to the appearance of swollen eyes.While having swollen and puffy eyes after lengthy crying can be an unwanted telltale side effect, it's not all bad news. Experts say "having a good cry" can make you feel physically and emotionally better and that crying is the body's way of eliminating toxins caused during times of elevated stress.RELATED READING: Swollen Eyelid FAQs Page published in February 2020 Page updated in May 2021 By Aimee Rodrigues; reviewed by Gary Heiting, OD A swollen eyelid develops due to fluid buildup or inflammation in the connective tissue around the eye. Swollen eyes may or may not be painful, and the condition can affect both the upper and lower eyelids. Swollen eyelids are treatable at home for the most common causes.Swelling of the eyelids can range from minor to severe and can have many underlying causes. In some cases, swollen eyelids may be a sign of a more serious health problem that could cause vision loss.A doctor or family physician can identify the cause of your swollen eyelids if home remedies do not work.What causes a swollen eyelid?Many conditions can cause a swollen eyelid, including:Understand the cause of your swollen eyes to ensure you get the proper treatment.How do I treat a swollen eyelid?Home remedies can treat minor bouts of swollen eyelids. Avoid rubbing your eyes, as this will only aggravate your condition.Try these home treatments for mild cases of swollen eyelids.If you have eye discharge along with your swollen eyelid, use a saline solution to rinse your eyes.Apply a cold, wet compress to your eyes to help reduce the fluid buildup. Cold tea bags can also help with swollen eyelids.If wearing contact lenses, take your contacts out for a few hours.If you have allergies, use eye drops or a topical cream containing antihistamines.Anti-inflammatory eye drops may help with discomfort from swollen eyelids caused by allergies or minor infections like viral pink eye. Lay down or sleep with your head elevated to reduce fluid buildup.Symptoms of swollen eyesSwelling of the eyelids is a symptom of an underlying cause, such as allergy or infection. You may have some of these other symptoms along with swollen eyelids:Eye irritation, such as an itchy or scratchy sensation.Sensitivity to light (photophobia).Excess tear production, resulting in watering eyes.Obstructed vision (depending on the extent of the swelling).Red eyes and inflammation of the conjunctiva.Eyelid dryness or flaking.Soreness, particularly involving an infection.Here is a closer look at some of the most common symptoms of swollen eyelids:Itchy eyesYour swollen eyelids may be the result of allergies. Most of the time, allergies cause itchy eyes. Pollen, dust and animal dander cause the release of histamines in the tissues around the eyes. The histamine results in itching, redness and swelling around your eyes.Light sensitivityYour eyelids may swell as a reaction to photophobia, a sensitivity to light. Sunlight, fluorescent light and incandescent light can cause discomfort and a need to squint or close your eyes. Headaches may also occur with light sensitivity.Watery eyesWatery eyes can cause swollen eyes. Chronic irritation from dry eye syndrome can result in an overproduction of the watery component of tears. If the glands in the upper eyelid overproduce this liquid, it can cause swollen eyelids.Red eyesYour swollen eyelids may be a result of redness in your eyes. Red or bloodshot eyes are very common and have many causes. Red eyes are usually a symptom of other eye conditions that can range from benign to serious.Eye dischargeEye discharge, or "sleep" in your eyes, could be causing the swelling of your eyelids. Eye discharge is the mucus, oil, skin cells and other debris that collects in the corner of your eye in your sleep. It can be wet and sticky or dry and crusty, depending on how much of the liquid in the discharge has evaporated.Dry eyesDry eye syndrome can cause a range of issues, including swollen eyelids. Chronic lack of lubrication and moisture on the surface of the eye causes dry eye syndrome. Side effects of dry eyes range from subtle eye irritation to significant swelling of the eye.Eye painEye pain may be coupled with blurred vision, bloodshot eyes, sensitivity to light and swollen eyelids. Eye pain is a catch-all phrase to describe discomfort on, in, behind or around the eye.When to see a doctor about a swollen eyelidBe sure to visit your doctor for an eye exam if you experience any of the following issues along with your swollen eyelids:Symptoms persist for more than 48 hours.Eyelid swelling doesn't go away with home remedies.Vision starts to change or get worse.Black dots, or "floaters," appear in your vision.Discomfort intensifies or does not go away.Lump starts to appear within the swelling.Eye movement becomes difficult.A physician or eye doctor will give you a medical diagnosis and the most effective treatment. A referral to an ophthalmologist may be needed if the cause of the swollen eyelid is severe enough. 4 tips for preventing swollen eyesGet tested for allergies. If swollen eyelids from allergies are a regular occurrence, knowing what you're allergic to can help you avoid specific allergens or reduce your exposure to them.Pick beauty products that are hypoallergenic and fragrance-free to help avoid allergy flare-ups. Do a patch test on the inside of your wrist before using the makeup on your face to prevent an allergic reaction near your eyes.When using eye drops, look for preservative-free eye drops. Preservatives in regular eye drops slow down bacterial growth, but some people may be allergic to these preservatives.If you wear contact lenses, you can curb your risk of eyelid swelling by practicing proper hygiene. Always wash your hands before inserting or taking out contacts. Frequent replacement of your contact lenses and contact lens case are also part of proper hygiene.What is the difference between puffy and swollen eyes?The term "puffy eyes" doesn't mean the same thing as "swollen eyelids." The two terms refer to different conditions.Swollen eyelids, or swelling around the eyes, is an inflammatory response to allergies, infection or injury. Eyelid swelling can happen with just one eye or both eyes. Eye puffiness is usually related to lack of sleep, age-related sagging of tissue and general water retention. If you have puffy eyes, it will typically affect both eyes. Page published in January 2020 Page updated in April 2021 Home How to Get Rid of Puffy Eyes and Dark Circles | En Francais By Marilyn Haddrill; contributions and review by Charles Slonim, MD Puffy eyes and dark circles under the eyes occur for many reasons, including inherited facial features, allergies, stress, eye fatigue and individual skin characteristics such as texture. While certain home remedies such as soothing cucumber slices may temporarily relieve puffy eyes, a more long-lasting solution depends on the underlying cause. What causes puffy eyes and dark circles under the eyes? Ordinary swelling around the eyes means you have an excessive accumulation of fluids, called edema, in surrounding skin tissue. Because the skin around the eyes is the thinnest skin in the body, swelling and discoloration can be quite prominent. But why does fluid accumulate to form puffy eyes in the first place?Puffy eyes generally result from a variety of factors, including:Overconsumption of salt, which causes fluid retentionAllergies that can cause inflammation and swellingSinus problemsDehydrationFatigue and lack of sleepStressCryingAgingInherited facial features While the last answer isn't very satisfying, it's true that many people have puffy eyes because this trait simply runs in the family.With aging, eye puffiness can be caused in part when fatty tissue that ordinarily protects the eye inside the bony eye socket begins to push forward and fill in spaces below the eye.This happens because aging processes cause thinning of the membrane or "septum" that ordinarily holds back fat in both the upper and lower eyelids. As the membrane thins, the fat herniates and pushes forward. This is when bags or bulges start forming under the eye.What causes puffy eyes in the morning? While we sleep, we don't blink. And this is part of the reason why eye puffiness develops.Blinking for eyelids is like walking for legs. When idle, some people develop swelling in their lower extremities that goes away as soon as they start walking and muscles in the legs begin "milking" the trapped fluids (edema), which are released back into circulation.A similar action takes place in the eyelids. The closed, non-blinking eyelids during sleep potentially can swell in certain people prone to this problem. So, in the mornings, you might wake up with unusually puffy, swollen eyelids. After you open your eyes and start blinking, some of this swelling can diminish in an hour or so.When are puffy eyes a sign of a medical condition? When they occur unexpectedly, swollen eyes sometimes signal an underlying medical problem. For example, people with thyroid eye disease can develop swelling of tissue and muscles around their eyes. Also, bulging eyes can signal a thyroid disorder known as Graves' disease.Eye allergies related to conditions such as hay fever also can produce swollen eyes. Other types of allergies, such as reactions to certain foods or chemicals, can cause swollen eyelids. During an allergic reaction, certain cells in the body release a chemical called histamine that has many adverse effects on body tissues, including fluid leakage from the blood vessels. These fluids become trapped in surrounding tissues, causing edema.Puffy, swollen eyelids and dark circles under the eyes can occur when you have an eye infection such as conjunctivitis. These swollen eyes are caused by inflammation associated with the eye infection, which directly affects the neighboring eyelids. Also, dry eyes can cause general puffiness and swelling.Systemic diseases including kidney failure also can lead to general swelling throughout the body, including around the eyes. What can be done about puffy eyes and dark circles? To find the best solution for puffy eyes and dark circles, it's important to identify the underlying cause. If your mother or father has puffy eyes, you may have inherited the trait from them. In this case, you may want to consider cosmetic surgery to reduce the puffiness.Puffy eyes caused by aging also probably would require a cosmetic solution.You might want to discuss with your eye doctor or cosmetic surgeon some of the available options to address your eyelid concerns. These options include chemical peels, laser skin resurfacing procedures, certain prescription skin products and eyelid surgery known as blepharoplasty.Blepharoplasty involves removing extra fatty tissue and excessive skin from upper and lower eyelids, as well as tightening skin and muscles to reduce puffiness and wrinkles. Many temporary remedies can help reduce the swollen look around eyes, such as:Using eye drops for irritation caused by allergies, if appropriateDrinking ample fluid to prevent dehydrationApplying iced compresses when your lids are swollenApplying cucumber slices or chilled tea bags over closed eyesUsing creams and other skin products specially formulated for use around the eyesReducing salt in your dietEating potassium-rich foods, such as bananas, to eliminate excess fluids in your bodySplashing cold water over your face and eyesGetting plenty of sleep and restCreams and ointments used to reduce puffiness in eyelids often contain phenylephrine — a medication that constricts blood vessels, reducing their diameter. This can have a potential dual effect on puffy eyelids.First, if dark circles are caused by a visible network of blood vessels under the thin eyelid skin, then making the vessels smaller might reduce the darkness.Second, constricting the blood vessels could reduce the potential for leakage of fluid from within the blood vessel, and this might reduce puffiness.However, be careful when applying these products around your eyes. If you accidentally get them in your eye, you can experience a severe inflammatory response known as chemical conjunctivitis. If this occurs, see your eye doctor immediately. Page published in December 2019 Page updated in April 2020

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