T Treating Uveitis

Uveitis is an inflammation of the part of the eye called the uvea. The uvea sits just behind the white outer layer of the eye (sclera). Uveitis causes pain and sensitivity to light. Often the eye gets red. Vision may become blurred. You may see spots floating in your eye. Uveitis can affect 1 or both eyes. It needs treatment right away to control the inflammation and preserve your sight. Your eye doctor will prescribe medication. This will relieve your pain and other symptoms. You may also need to be treated for any condition that caused the uveitis.

Relieving the Symptoms

With treatment, symptoms often go away in a few days. To help relieve your symptoms:

- Your doctor will use eyedrops to dilate (enlarge) your pupil. This helps relax the eye and relieve pain. This will increase your sensitivity to light, so wear sunglasses for a few days.
- You may be prescribed eyedrops, ointment, or oral medications to help reduce swelling and reduce the inflammation. Use these as instructed. Ask about any side effects you should watch for.
- Your eye doctor may also give you medication by injection.

Treating the Underlying Cause

If the cause is known, your treatment will depend on the underlying condition. But the cause of uveitis is often not known. In this case, your eye doctor will likely treat you with anti-inflammatory eyedrops, oral medication, or shots. Uveitis is often linked with inflammatory problems in other parts of the body. These include some kinds of arthritis and inflammatory bowel disease. If needed, you may be referred to another doctor for further evaluation of any medical problems related to the uveitis.

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