Newsletter Peel Park Surgery April 2019

Conjunctivitis

**Conjunctivitis is an eye condition caused by infection or allergies. It usually gets better in a couple of weeks without treatment.**

Conjunctivitis is also known as red or pink eye. It usually affects both eyes and makes them: *bloodshot, burn or feel gritty, produce pus that sticks to lashes, itch and water*.

There are things you can do to help ease your symptoms .*Use clean cotton wool (1 piece for each eye). Boil water and then let it cool down before you: gently rub your eye lashes to clean off crusts, hold a cold flannel on your eyes for a few minutes to cool them down.*

**Do**

* wash hands regularly with warm soapy water, wash pillows and face cloths in hot water and detergent

**Don't**

* do not wear contact lenses until your eyes are better, do not share towels and pillows and do not rub your eyes

*Oral health*

**Brush your teeth twice a day**

Brush your teeth twice a day with fluoride toothpaste.

**Floss between your teeth**

Floss or use an interdental brush every day to remove food, debris and plaque lodged between your teeth.Have a healthy lifestyle, including eating well, not smoking and limiting your alcohol and sugar intake. It's good for your whole body, including your teeth, gums and mouth.

**Brush baby teeth as soon as they come through**

Start brushing a baby's teeth as soon as they come through.