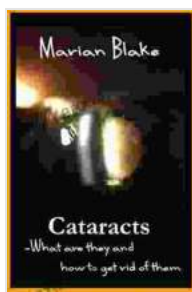


Styes: What Are They And How To Get Rid Of Them From Your Eyes

Styes are small, painful bumps that can develop on the eyelid. They are caused by a bacterial infection and can be very uncomfortable. Styes are usually caused by the bacteria *Staphylococcus aureus*, which is a common bacteria that lives on the skin. When this bacteria gets into the oil gland of the eyelid, it can cause an infection that leads to a stye.



Cataracts: What are they and how to get rid of them?

(Your Eyes Book 2) by Marian Blake

★★★★☆ 4 out of 5

Language : English
File size : 928 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 23 pages
Lending : Enabled



Styes can be very uncomfortable and can cause a variety of symptoms, including:

- Pain
- Redness
- Swelling

- Itching
- Tearing
- Blurred vision

In most cases, styes will go away on their own within a few days. However, there are some things you can do to help speed up the healing process and reduce the discomfort.

How to Get Rid of Styes

There are a number of different things you can do to get rid of styes. Some of the most effective methods include:

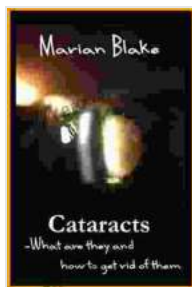
- **Warm compresses:** Applying a warm compress to the stye for 10-15 minutes several times a day can help to reduce the pain and swelling. You can make a warm compress by soaking a washcloth in warm water and then applying it to the stye.
- **Antibiotic ointment:** If the stye is caused by a bacterial infection, antibiotic ointment can be applied to the stye to kill the bacteria and help the stye to heal. Antibiotic ointment can be Free Downloaded over-the-counter at most pharmacies.
- **Oral antibiotics:** In some cases, oral antibiotics may be necessary to treat a stye. Oral antibiotics will be prescribed by a doctor.
- **Surgery:** In rare cases, surgery may be necessary to remove a stye. Surgery will be performed by a doctor.

How to Prevent Styes

There are a number of things you can do to help prevent styes from coming back. Some of the most effective methods include:

- **Wash your hands frequently:** Washing your hands frequently can help to prevent the spread of bacteria that can cause styes.
- **Avoid touching your eyes:** Touching your eyes can transfer bacteria from your hands to your eyes, which can lead to a stye.
- **Clean your makeup brushes and applicators:** Makeup brushes and applicators can harbor bacteria that can cause styes. It is important to clean your makeup brushes and applicators regularly to prevent the spread of bacteria.
- **Get enough sleep:** Getting enough sleep can help to boost your immune system and make you less likely to develop styes.
- **Eat a healthy diet:** Eating a healthy diet can help to boost your immune system and make you less likely to develop styes.

Styes are a common problem, but they can be easily treated and prevented. By following the tips in this article, you can help to get rid of styes and prevent them from coming back.



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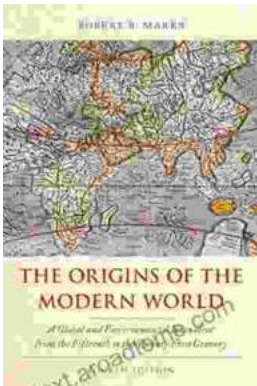
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