

Over the Counter Allergy Eye Treatment Options

Antihistamine Eye Drops-- 1st Choice:

- Ketotifen antihistamine eye drops. Ask your pharmacist to suggest a brand such as Zaditor. No prescription is needed.
- Olopatadine eye drops are now available without Rx. There are several strengths, the longest lasting formula is the most expensive, but does work very well.
- Age: Approved for 3 years and older.
- Dose: 1 drop every 12 hours (or 24 for olopatadine extended formula) in both eyes.

Older Antihistamine/Vasoconstrictor Eye Drops - 2nd Choice:

- If not better, this type of eye drop can be used for added relief. Ask your pharmacist to suggest a brand such as Opcon A. No prescription is needed.
- Avoid vasoconstrictor eyedrops without an allergy medicine in them. These are the eye drops without an A in the name. Reason: They only treat the redness, not the cause.
- Dose: 1 drop every 8 hours as needed.
- Do not use for over 5 days. Reason: Will cause red eyes from rebound effect.
- Downside: Doesn't work as well as Ketotifen eye drops.

Eye Drops: How to Use

Gently pull down the lower lid. Put 1 drop inside the lower lid. Then close the eye for up to 2 minutes to get the best effect.