

How to Treat Stye

A stye is an infection around the eyelid; usually in the corners. The oil secreting glands become swollen, painful and infected. Staphylococcus bacteria is usually the bacteria which causes this infection. Styes can be spread from one person to the next. Here is how to ease the pain of styes and how to get rid of them.

Styes are a type of infection that causes inflammation of the sebaceous glands found near the base of your eyelashes. They are generally caused by staphylococcus bacteria and may be set off by poor nutrition and stress. They tend to be similar in appearance to pimples and can be very painful, though they do not usually cause any permanent damage. There are several medical treatments and home remedies that are proven to help get rid of styes.

Washing your hands on a regular basis will help to prevent styes from occurring. Because most styes, or sties, are caused by the S. aureus bacteria, and Staphylococcus is one of the most common bacteria found on human skin, it's a good idea to wash your hands when you're in public places. Also, wash your hands before touching your face, and wash your hands before touching part of your face (like your nose, where most S. aureus bacteria live) and then touching another part of your face. Just stop touching things and keep your hands and face clean! And don't pick your nose!

Tea is also deemed helpful for treating stye as it contains tannic acid. For treating a stye, apply a warm tea bag to the eye, which will also work as a warm compress. One of the age old home remedies of treating a stye is by rinsing the eye with milk. Dip a cotton swab in some milk and gently rub it over the stye.

You can use antibiotic creams or ointments which are aimed at killing Staph bacteria that actually caused the infection, which led to the formation the stye.

Flush and rinse the eye with a stye using warm sterile water. Use an eye cup bought at a drugstore to rinse the eye. Another interesting cure is milk; regular homogenized milk. Rinse the eye with cold milk using an eye cup or drop some in the eye with an eyedropper. The cool milk soothes the stye and many times will hasten its disappearance. Use the herb eyebright to help relieve redness in the eye and clear the infection. You can use the eyebright in a warm compress.

Do not rub your eyes as you might spread the bacteria all around. Do not pop or squeeze it either. Wash your hands if you touch the sty by mistake to prevent the bacteria from spreading. It works to make the sty soft by putting a hot, damp compress tpo it many times in a day. Also, some believe that tannic acid in tea heals styes you can try a used tea bag. Also, do not wear eye make up till the sty heals, it might get aggravated.

Use prescription medications recommended by your doctor to get rid of styes. Antibiotic ointments are sometimes used to treat styes through application to the eyelids. Amoxicillin is also sometimes prescribed, as well over-the-counter medications, such as Tylenol, which can be used to treat the pain sometimes associated with styes.

About the Author

Read about [hair loss treatment, hair loss cure](#). Read about [bodybuilding tips, bodybuilding supplements, bodybuilding guide](#) and [acne cure, acne treatment, acne solution](#).

Source: <http://www.tntarticles.com>