



Signs your Eyes Have Been Overexposed to the Sun.....Symptoms

The effects of sun overexposure on your eyes don't happen in an instant. The risk is cumulative, which means the longer your eyes are exposed to the sun's ultraviolet rays, the more likely you are to be diagnosed with an eye disease.

Developing photokeratitis is one of the most obvious signs of sun overexposure. It is the inflammation of the cornea or the clear covering of the front of your eyes. Symptoms associated with this eye disease include the following:

- Eye redness or discomfort
- Tears
- Swelling
- Blurry vision
- Sensitivity to light
- Twitching of the eyelids
- Short-term vision loss
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The longer the exposure, the more intense these symptoms can be. While they can last from six to 24 hours, it is a must that you visit your local **eye doctor** if you are experiencing serious vision loss or any extent of vision loss that doesn't improve. You may be prescribed pain relievers or antibiotic eye drops to alleviate said symptoms, as well as recommend home remedies such as using a cold compress.