

Nethra Arogyam

*Why does
my*

Eye Twitch?



EYE CARE WITH CARE



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An eye twitch is an involuntary, uncontrollable eyelid spasm.

Why does my Eye Twitch?

An eyelid twitch also known as myokymia, is a repetitive and involuntary spasm of the eyelid muscles. Eye twitch usually occurs in the upper lid, but it may also occur in both the upper and lower lids. For most of the people, these spasms are mild which feels like a gentle tug on the eyelid, and others may experience the spasm strong enough to force both eyelids to close completely.

Types

Eye twitching can be commonly classified into three types;

- Eyelid twitch
- Essential blepharospasm
- Hemifacial spasm

Causes of eye twitch

Eyelid spasms or twitching may be caused by:

- Eye irritation/strain/corneal abrasion
- Environmental irritants, such as wind or air pollution
- Lack of sleep or fatigue
- Stress or physical exertion
- Excessive consumption of Alcohol, tobacco, or caffeine
- Dry eyes
- Side effects of medication
- Light sensitivity
- Uveitis
- Blepharitis or inflammation of your eyelid
- Conjunctivitis or pinkeye
- Continues episodes of migraine

Complications of eye twitches:

On rare occasions, eye twitches are a symptom of a more serious brain or nerve disorder. When eyelid twitches are a result of these serious conditions, then there is almost always accompanied by other symptoms that include:

- **Bell's palsy / facial palsy** - a condition that causes one side of your face to droop downward.
- **Dystonia** - which causes unexpected muscle spasms and your affected area's body part to twist or contort
- **Cervical dystonia (spasmodic torticollis)** - causes your neck to randomly spasm and your head to twist into uncomfortable positions.

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- **Multiple sclerosis (MS)** - a disease of the central nervous system that causes cognitive and movement problems, fatigue, and eye twitching.
- **Parkinson's disease** which can cause trembling limbs, muscle stiffness, balance problems, and difficulty speaking.
- **Tourette syndrome** is characterized by involuntary movement and verbal tics.



Prevention:

Eye twitching though troublesome, are painless and harmless. Here are a few things you can try to reduce or stop the twitching.

- Get sufficient sleep.
- Limit caffeine, alcohol or tobacco.
- Take frequent breaks from computer / screen.
- Use eye drops to keep your eye surfaces lubricated.
- Use a warm compress.

When to consult a doctor

Eye twitching usually stops on its own within a few days or weeks. You may need to consult a doctor if you're having chronic eyelid spasms along with any of the following symptoms:

- The twitching doesn't go away within a

few weeks

- Your eyelid completely closes with each twitch or you have difficulty opening the eye
- Twitching happens in other parts of your face or body as well
- Your eye is red or swollen or has a discharge

Conclusion

Eyelid spasms are genuinely common, and it eventually stops by themselves. In rare conditions, eyelid spasms become serious, and in those cases, get an appointment with an eye specialist as early as possible. Get your eyelid spasms complications treated at Abhishek Nethradhama by experienced specialists.

ABHISHEK NETHRADHAMA is an ISO 9001:2015 Certified speciality eye hospitals are committed to be the most patient friendly, well equipped eye hospital attended by experienced team of doctor to give the best services in eye care guided by sound ethical values.

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