



## Calendula Tea for Treating Allergic Conjunctivitis

Calendula tea comprises the dried flowers and flower heads of Marigold flowers, which have anti-inflammatory properties on mucosal surfaces. This is therefore useful for treating allergic conjunctivitis in dogs, as the eyelid lining is also mucosa.

### How to prepare:

- Place 1-2 teaspoons of the dried tea in a small container.
- Add 1 cup of boiling water to the tea
- Allow the tea to infuse for a few minutes
- Allow the tea to cool to room temperature
- Keep refrigerated
- Make up a new batch every 3-4 days

### How to apply:

- Dip a cotton ball or cotton eye pad into the tea
- Hold to the eye, so that the tea soaks onto the eye
- Clean out any discharge
- Allow the tea to stay in contact with the eye to help reduce inflammation
- Use a fresh cotton wool ball for each eye

Use up to 6 times daily initially for severe cases, and reduce this as the symptoms reduce.

Bathing 1-2 times weekly can assist in the control of allergic conjunctivitis.

**Adapted from and with thanks to the Melbourne Eye Vet- Veterinary Ophthalmological Specialists**