

Dry Eye

Dry eye is one of the most under treated eye conditions in the United States. In the healthy eye, tears are constantly being produced and then drain into your nose. A healthy tear film is vital not only to the comfort of your eyes, but the quality of your vision.

FACT: The most common cause of tearing ironically is a dry eye. It only makes sense if you understand how the eye works. When you develop a poor tear film and your eye dries out, your eye sends a signal to the brain. The brain responds by turning on your 'emergency' gland called the lacrimal gland. This is the same gland that causes you to cry when you get emotional. This gland gets turned on during times of dryness, as a last line of defense against infection or vision loss, resulting in excessive tearing.

FACT: "My vision is fine when I start reading, but after a few minutes my vision gets worse." You most likely have dry eyes. A lack of the oily protective layer will result in fast evaporation of your tear film resulting in an unstable tear film and a decrease in the quality of your vision. There are three layers that make up your tear film - an oily layer, an aqueous layer, and a mucin layer. A deficiency in any one of these layers will result in a dry eye. Your treatment will be directed towards making all layers of your tear film healthy. It is more important to have a well balanced tear film, than an abundance of watery tears.

There are many ways to treat a dry eye, but the first step usually involves the usage of artificial tears. Many types of artificial tears are sold over-the-counter. Artificial tears can be safely used up to 4 times a day on a regular basis. If artificial tears need to be used with more frequency, preservative-free artificial tears can be used every 30 minutes if necessary. Other treatment options for dry eye include prescription eye drops (Restasis), punctal plugs and vitamins. It is also very important to treat associated ocular (Blepharitis) and systemic (Rosacea) conditions in order to improve a patient's quality of tear film.

RECOMMENDED DRY EYE TREATMENTS

BOTTLES with PRESERVATIVES (up to 4x/day)

Refresh Relieva**

Systane Complete**

Soothe XP

Refresh Optive

Systane Ultra

Tears Naturale li

Thera Tears

**customer favorites

RECOMMENDED DRY EYE TREATMENTS con'd.

PRESERVATIVE FREE VIALS (every hour as needed)

Refresh Celluvisc PF

(most advanced)

Refresh Optive Advance PF

Refresh Omega-3 PF

Refresh Relieva PF

(in a bottle)

Systane Ultra PF

Soothe XP PF

NIGHTTIME

Soothe Nighttime Systane Nighttime

Genteal PM Refresh PM

USE WITH CONTACTS

Blink for Contacts Refresh Relieva for Contacts
Systane for Contacts

ADVANCED TREATMENT

Restasis Xiidra

Cequa (Requires A Prescription)

ITCHING

Alaway Zaditor

Try different eyedrops • Listen to your eyes

Use the eyedrops that feel the best and help your symptoms the most

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