



Pierce Family Vision

OPTOMETRISTS

DRY EYE THERAPY

Symptoms of dry eye:

- Chronic red eyes
- Intermittent blurred vision especially late in the day
- Burning, scratching or irritated sensation
- Eye fatigue
- Difficulty wearing contact lenses
- Periods of excessive tearing

Many dry eye patients have Meibomian gland dysfunction, where the oil glands at the base of the lashes become plugged and stop producing enough oil to prevent the tears from evaporating. Heat and big blinks can be used to melt the oil in the lid glands and get them flowing again. Artificial tears (ocular lubricants), lid scrubs and Omega 3 supplements can also be helpful.

- **Hot compress** - 5 minutes of heat with a clean wash cloth or a Bruder mask heated in the microwave for 20 seconds.
- **Big Blinks** - Immediately after heat, take 3 or 4 big blinks to help squeeze the melted oil from the Meibomian glands into the tear layer.
- **Artificial tears** - _____ Drops _____ x per day
_____ Gel _____ x per day
_____ Ointment _____ x per day
- **Lid Scrub** - Systane Lid Wipes, or TheraLid Eyelid Cleanser to scrub lids of both eyes once per day. Theralid helps control the bacteria which can inflame eyes.
- **Omega 3 supplement** - Omega 3 fatty acids either in food (fatty fish such as salmon) or supplements can help dry eye. 1200mg-1800mg per day of combined EPA and DHA is suggested.

NEVER use Visine or similar "get the red out" drops – They will make your eyes redder over time.

If the regimen specified above does not resolve symptoms, your optometrist should be consulted about further medical therapy.

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