

7 DRY EYE TREATMENTS

You can do at home.



These therapies are best done in combination and need to be done with the proper tools to be effective. Myoptic can provide masks, lid cleanser and fish oil to assure you have the right ones.

1. WARM COMPRESSES

Apply at least 5 minutes (best 8-10min) of warmth (104-108 deg F) to closed lids once or twice a day. Microwaveable masks designed to keep heat and provide moisture are the best option.

2. LID-HYGIENE

Using a mild irritation-free cleanser for the lid and lash line twice a day. Specially formulated lid foams and scrubs are available from companies like Ocusoft and Lid Hygenix. Diluted baby shampoo is an alternative.

3. ARTIFICIAL TEARS

Best used before symptoms of dryness start. Use four times a day or every four to five hours. Preservative-free formulations are the best. Check with your doctor before buying anything else over the counter. Recommended brands include Refresh, Systane, Blink and Genteal. Avoid Visine and Clear Eyes as they contain chemicals that are not healthy for your eyes.

4. OMEGA 3s

High dose DHA/EPA formulas (2000 mg a day) taken for 4-6 weeks can help with underlying inflammation. Regular daily dose to be continued afterwards. Like artificial tears, some brands are much healthier and effective than others. Check with your doctor for recommendations.

5. SUNGLASSES

Sunglasses provide a physical shield for your eyes against the elements as well as minimize squinting.

6. WATER/FLUID INTAKE

Guidelines are 9 cups a day for women and 10 cups a day for men.

7. ADD A HUMIDIFIER...

to dry environments, especially in colder months where temperatures are low outside and dry and hot inside.

IF THAT'S NOT ENOUGH

in office therapies might be the next step.

For certain types of dry eyes, blepharitis (lid inflammation), is the cause. In office treatments to gently remove build up on the lids can provide an immediate and dramatic improvement in comfort and effectiveness. Myoptic uses a new technology called Blephex to gently clear the lids of debris.



Other treatments may include:

ARTIFICIAL LUBRICANTS

Additional artificial lubricants may be added such as gels or ointments

MEDICATIONS

Medications may be prescribed for short term therapy including eye drops or capsules to be taken orally.

MEDICAL THERAPY

Long term medical therapy is sometimes needed to control eye lid inflammation and provide optimal tear chemistry.