

Understanding Dry eye and how to manage it

What is dry eye?

Dry eye occurs when you produce fewer or poorer quality tears and are unable to maintain normal eye lubrication

What are the symptoms?

Dryness, burning, stinging, itchiness, gritty feeling, foreign body sensations, blurred vision, Tired eyes, red eyes, excessive tearing, photophobia (sensitivity to light), contact lens discomfort, sensitivity to air currents (example wind, smoke, pollution, heat, air conditioning).

What are the causes?

Dry eye can be caused by a variety of everyday factors including

Air Conditioning, old age, certain medications, post laser or cataract surgery, computer use, contact lenses, hormonal changes, pollution

How can you manage dry eye?

Take time to rest your eyes and blink normally when watching TV or working in front of a computer

Adjust the brightness of your computer or TV screen

Avoid dry air environments or increase the humidity in the air at work and home

Protect your eyes by wearing glasses with UV filters on sunny days

Drink enough water to stay hydrated

Consider taking nutritional supplements to improve the quality of your tears

Clean your eyelids daily using eye-safe products

Use preservative free eye drops to supplement tears

Did you know ?

Products containing a preservative have a risk of toxicity and damage your ocular surface leading to inflammation. Using preservative free eye drops to help maintain the health of your eye.