

# Dry Eye Management

**Dry Eye Syndrome** is a chronic condition where there is an imbalance in the chemistry of the tear layer components which coat and protect the eye. With an appropriate ongoing management plan, the symptoms of dry eye can be successfully relieved to provide greater eye comfort and sharper vision.

**Warm Compresses:** By applying heat to the small oil glands along the eyelids with a heat pack or specially designed heat gel pack (available for purchase at our practices) the glands can be massaged to remove any blockages. This will help to regain normal eye lubrication and maintain better eye comfort.

**Lid Scrubs:** Lid Scrubs are used to clean the eyelids to maintain the quality of normal eyelid flora. Products we recommend for this are Sterilid or Blephadex.

Instructions for use:

- Wash hands thoroughly
- Close eyes and gently cleanse with recommended product - massage lids and lashes with fingers using side to side strokes (avoid touching the eye ball directly)
- Leave in place for 60 seconds for maximum effect
- Rinse thoroughly with water

**Artificial Tear Eye Drops:** There are a range of artificial tear eye drops, all with varying formulations for different deficiency's in the tear film layers. Your Optometrist may recommend one or a combination of the following drops to use at different times of the day to help to relieve dry eye symptoms and to protect the eyes from further irritation.

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| • Systane Complete | • Hylo Forte  | • VitA-POS    |
| • Systane Balance  | • Hylor Fresh | • Genteal Gel |
| • Systane Ultra    | • Blink Drops |               |

**Therapeutic Medicated Eye Drops:** In some cases, medicated eye drops may be required in conjunction with other treatments to manage severe dry eye symptoms and reduce inflammatory responses. Products we use for this include Optimel Manuka Eye Drops and Optimel Manuka Gel.

**Intense Pulsed Light (IPL) Treatments:** Intense Pulsed Light (IPL) treatment is a hand-held device delivering short periods of specific wavelength light onto the skin around the eye in aim of improving the blood supply to the eye lid area and reducing inflammation. Usually four treatments over a period of a few months are required. This treatment is available at our Range Shopping Centre Practice only.

**Lifestyle:** As with most conditions, leading a healthy lifestyle can make a difference in the health and comfort of our eyes. For people suffering from Dry Eye Syndrome, the following can be of use:

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| • Increase omega-3 intake with supplements*<br>like Dry Eye Forte or Lacritec | • Wear wrap sunglasses                     |
| • Drink more water  | • Redirect fans and air conditioning vents |
| • Reduce caffeine intake  | • Take frequent visual breaks from screens |

\*Please consult with your GP prior to altering omega-3 intake

If you would like any further information about Dry Eye Syndrome, or have any other concerns about your vision or eye health, please either call us or go to our website to book an appointment with one of our highly experienced Optometrists.