

Treatment for Dry Eyes

For most people with occasional or mild dry eye symptoms, treatment involves over the counter eye drops, such as artificial tears and other home remedies.

It's best to *avoid* eye drops that reduce redness, however, if your dry eye symptoms persist or worsen, despite of constant use of artificial tears/other remedies recommended to you, contact your Doctor for an appointment. There you can discuss additional treatment options available for people suffering from your condition.

These treatment options may include but are not limited to:

- Mild antibiotics/steroids to reduce inflammation
- Prescription eye drops to control cornea inflammation
- Prescription eye inserts that work like artificial tears
- Closing your tear ducts with plugs to reduce tear loss
- Covering your eyes with an special contact lens
- Unblocking blocked oil glands by applying hot compresses for no less than 5 minutes at a time. Or through an in office procedure.

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The Truth about Dry Eyes





Dry eyes occur when your tears aren't able to provide adequate moisture for your eyes. Tears can be inadequate for two reasons: either your eyes don't produce enough tears or they produce poor-quality tears—tears that lack the lipid component responsible for actual moistening of the eye.

Dry eyes feel uncomfortable in the eyes, your eyes may sting, burn or tear excessively. You may experience dry eyes in certain situations, such as an airplane, in an air conditioned room, while riding a bike or after looking at a computer screen for a few hours.

You can also have dry eyes for no environmental reasons at all.

When should I see a Doctor?

See your Doctor if you've had prolonged signs and symptoms of dry eyes, including red, irritated, tired, painful eyes or excessive tearing. Your doctor can take steps to determine what's bothering your eyes or refer you to a specialist.

What are the symptoms of dry eye?

Signs and symptoms of dry eye may include (usually in both eyes):

- Stinging, burning, or scratchy sensation in your eyes
- Stringy mucus in around your eye
- Increased eye irritation from smoke or wind
- Eye fatigue
- A sensation of having something in your eyes
- Difficulty wearing contact lenses
- Periods of excessive tearing
- Blurred vision, often worsening at the end of the day, after focusing for a prolonged period or upon waking.



What causes dry eye?

Dry eye are caused by a lack of adequate tears. Your tears are a complex mixture of water, fatty oils and mucus. This mixture helps make the surface of your eyes smooth and clear and it helps protect the ocular surface.

For some people, the cause of dry eyes is an imbalance in the composition of their tears and their eyes tear too much trying to compensate. Other people don't produce enough tears to keep their eyes comfortably lubricated. Eyelid problems, medications, and other causes, such as environmental factors, also can lead to dry eyes.

Risk factors

Risk factors for developing dry eye syndrome include but are not limited to:

- Increasing age
- Being a woman
- Taking medications that can cause dry eyes
- Having laser eye surgery
- Undergoing radiation therapy, such as is used to treat cancer, aimed at your eyes
- Eating a diet that is low in vitamin A, which is found in liver, carrots and broccoli or low in Omega 3 fatty acids, which are found in fish, walnuts and vegetable oils.