

San Anselmo Optometry

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WHEN AND HOW OFTEN TO USE

- 1 - ALWAYS use your dry eye lubricant about an hour or less before bedtime as eyes dry out the most when you are asleep.
- 2 - Use your eye drop at least 2-3 times a day.
- 3 - If needed, it is fine to use different type of drop during the day. For instance, a gel drop at night and emulsion eye drops during the day is fine.
- 4 - Please schedule a follow-up visit to check your eyes in about 3-4 wks.

STANDARD EYEDROPS

**Refresh Optive Advanced
(Bottle)**



**Systane Balance
(Bottle)**



**Theratears
(Bottle or Single Use)**



**Retaine MGD
(Single Use)**



**Soothe XP
(Bottle or Single Use)**



GEL EYE DROPS - Try using these not only at bedtime but during the day also as gel drops last 3-5 times longer than regular eye drops.

**TheraTears Liquid Gel
(Single Use)**



**Refresh Liquigel
(Bottle)**



**Refresh Optive Gel
(Bottle)**



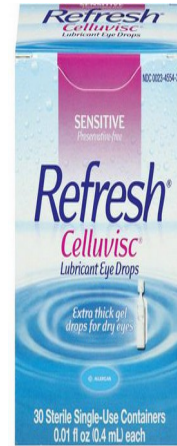
**Genteal Liquid Gel Drops
(Tube)**



**Systane Gel
(Bottle)**



**Refresh CelluVisc
(Single Use)**



NIGHTTIME EYE OINTMENT - very long lasting -- 3-5 min vision blur)

You probably won't use this – but if after using Gel Eyedrops your eyes still feel irritated in the morning, then try a small amount of one of these ointments which all come in tiny tubes.

Refresh PM



GenTeal Night-Time



Retaine PM



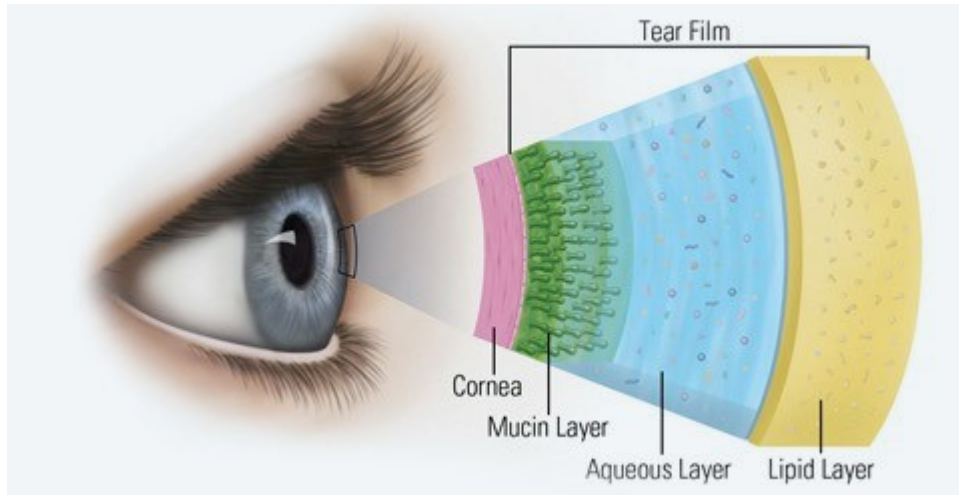
Systane Nighttime



Soothe PM



WHAT IS DRY EYES?



The tears that your eyes normally produce are necessary for overall eye health and clear vision. Our tear film is actually made up of several components, the oily layer (on top), the watery layer (in the middle), and the mucopolysaccharide layer (on bottom). The oil layer is produced predominantly by glands in the upper and lower eyelids.

Oil deficiency develops when your eyes do not produce enough oils to protect your tears from evaporation. When the oil layer is insufficient the watery layer begins to evaporate causing the eye to become drier.

SYMPTOMS MAY INCLUDE

- Stinging or burning
- Pain or soreness in or around eyes
- Tired eyes
- Red Eyes
- Light sensitivity
- Eye irritation or scratchiness
- Stringy mucus in or around the eyes
- Difficulty wearing contact lenses
- Itchiness or scratchiness or just uncomfortable eyes
- Watering eyes, especially when reading, driving, or watching television

Paradoxically, the lack of oils can not only create a gritty or burning sensation but can even cause your eyes to water from irritation. This is a natural reflex that occurs when the oily layer of the eye severely dries out and allows the water layer to evaporate away causing irritation.

Inadequate oily layer in eyes is common problem affecting all ages. Symptoms can result from the normal aging process, exposure to environmental conditions, problems with normal blinking and certain medications.

Dry eyes can be affected by indoor heating systems, a smoke filled room, wind or sun. In an office, it is usually the air conditioning and not the florescent lights that irritate dry eyes. Stay well hydrated by drinking plenty of water throughout the day. Many studies have also demonstrated that taking oral omega 3's like fish oil tablets in the amount of 2 to 4 g per day may significantly improve eye oil formation.

WHAT CAUSES DRY EYES?

The Aging Process

Tear flow normally decreases with age. In fact, approximately 75% of individuals over age 65 suffer from dry eyes. About 20% of people of all ages are affected by this condition in different ways.

Hormonal Changes in Women

Various hormonal changes associated with pregnancy, oral contraceptives and menopause can contribute to dry eyes.

Environmental Factors

People who are exposed to smoke, air pollution, high altitude, sunny, windy, cold or dry air conditions also suffer from moisture issues. Also, long term computer use can decrease blink rate and often increase symptoms.

Some patients with mild dryness may benefit from blinking more frequently, especially when reading, driving, or watching television.

Side Effect of Disease/Medications

There are several diseases and medications which can lower your ability to produce tears. Some of the medications can cause dryness are:

- Antihistamines
- Decongestants
- Anti-convulsive
- Antipsychotics
- Antidepressants.
- Anti Parkinson drugs
- Beta blockers
- Anti-hypertensive
- Oral contraceptives
- Hormone replacement therapy
- Echinacea (herbal supplement)
- Kava (herbal supplement)
- Niacin (B3)

Sjogren's Syndrome

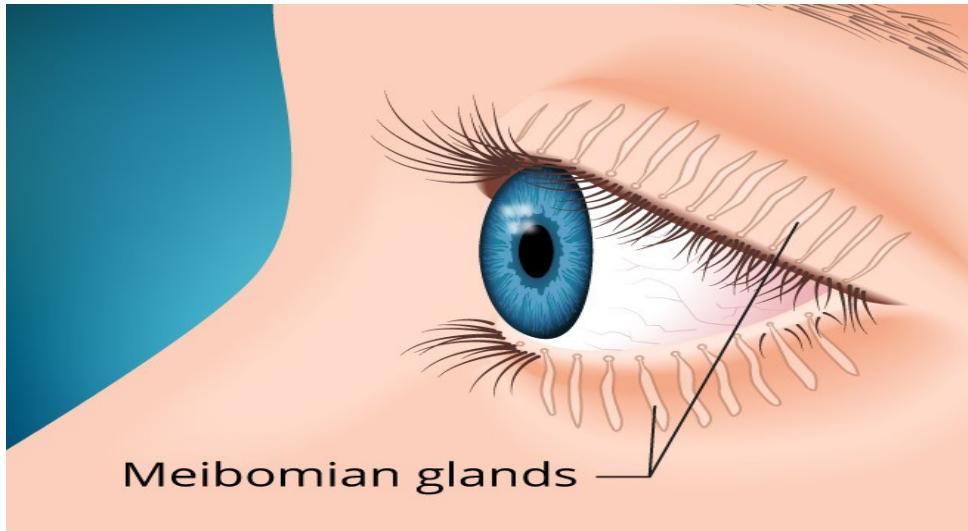
Sjogren's is an immune system disorder characterized by inflammation and dryness of the mouth, eyes and other mucous membranes. This disorder damages the lacrimal gland and affects tear production.

Laser Vision Corrective Surgeries

Following various ophthalmic surgical procedures, patients may develop dry eyes.

MEIBOMIAN GLAND DYSFUNCTION (MGD)

[Watch Eye Video](#) - Just the first 1 minute 😊



CAUSE

There are about 20 tiny vertical glands in both the upper and lower eyelid which drop oil into our eyes to make the top oily layer. When the oil in the glands gets thicker and sluggish the eyelids deliver less protective oils. Using warm compresses can thin clogged oil glands and enhance or restore a normal oily layer.

MICROWAVEABLE REUSEABLE WARM COMPRESSES

There are many products available specifically designed for the eye. The compress I may have provided you will work adequately. However, something similar to the products below will most likely work better by contacting the eye more completely. This is a sampling from Amazon searching under "Warm Eye Compresses". I do not have direct experience with any of these however. Important thing to look for is that it is microwaveable and reusable.



TREATMENT

Warm compresses applied to closed eyes for 10 minutes each day for initial period of 2 weeks. After that, at least weekly compresses for maintenance. Use of warm compresses may reduce your need for as many eye drops per day