



VICTORIA J SMITH OPTICIANS

Family Optometrist & Contact Lens Practitioner

Dry Eye Management

- 1** Artificial tears (ocular lubricants) e.g. Systane.
Need to be used 3-4 times every day. Use preservative-free drops for sensitive eyes e.g. Refresh. Use on closed eyes e.g. Eyelogic.
- 2** Overnight ointment e.g. Lacrilube.
For very dry eyes or eyes that are dry on waking.
- 3** Heat: hot compress with Eyebag
For 5 minutes daily to stimulate secretions from eyelid glands.
- 4** Eyelid Massage - after hot compress.
Sweep fingers gently across CLOSED eyelids from inside to outside corner.
- 5** Omega 3 fish-oil supplements - improve tear secretion.
- 6** Blink more!
Make a good, full blink regularly when reading or doing close work using the computer. Look away every 20 minutes for at least 20 seconds.
- 7** Turn off air-conditioning and the heater in the car.
Place a bowl of water on the radiator. Cease smoking and reduce alcohol intake.
- 8** Protect eyes from the sun and windy environments with a hat, spectacles or sunglasses.

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