

DRY EYE

LIFESTYLE MODIFICATIONS

These lifestyle modifications work best with daily application. If you are consistent, and still having discomfort, please contact us.

Artificial Tears

Use artificial tears, preferably preservative-free, at least 2-4 times a day. We recommend the following over-the-counter brands:

	Overnight Treatments:	For Use with Contact Lenses:
<ul style="list-style-type: none">• Optase[®]• Systane[®]• Refresh[®]• SootheXP[®]• TheraTears[®]	<ul style="list-style-type: none">• Optase Hylo Night[®]• Systane Night Gel[®]• Genteal Ointment[®]	<ul style="list-style-type: none">• Optase Hylo Relief[®]• Refresh for Contacts[®]• Blink for Contacts[®]

Available for purchase in the clinic:
Optase[®] dry eye products

Note: Avoid Visine[®], ClearEyes[®], homeopathic, or store-brand dry eye drops

Eyelid Health and Hygiene

- Use warm compresses or heated mask once or twice a day for 10 minutes.
Optase Moist Heat Mask[®], Bruder Mask[®]
- Clean eyelids daily with gentle soap or with store-bought cleansers:
TheraTears SteriLid[®], Ocusoft[®], We Love Eyes[®]
- Remove makeup thoroughly.



Diet and Exercise

- Omega-3 Fatty Acids are found in a diet rich with salmon, halibut, and flaxseed.
Supplement with fish oil or flaxseed oil 2000mg a day.
- Hydrate
Drink at least half your bodyweight (lbs.) in ounces of water.
For example, if you weigh 200lbs, drink 100oz of water a day.
- Researchers have discovered a significant increase in tear production after participating in aerobic exercise. [Aboyki, et al. 2022]

