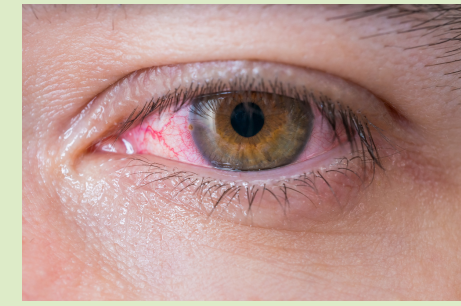


Dry Eye



What Causes Dry Eye?

- Many prescription and over the counter medications
 - Screen use
 - Environments with wind and low humidity (ceiling fan, car heat/AC, outdoors)
 - Certain medical conditions
- These factors either cause your tears to leave your eyes too quickly or not produce enough tears



Symptoms of Dry Eye

- Burning
- Irritation
- Scratching
- Pinpoint pain
- Watery eyes
- Redness
- Stringy mucus
- Blurred vision



Over the Counter Treatments

- Artificial Tear drops
 - Use 4 times per day
- Warm compresses on the eyelids
 - Rice bag or warm washcloth over closed eyes for 10 minutes per day
- Lid scrubs
 - Use to clean eyelids once a day
- Omega 3 supplements

If these don't help your symptoms,
See your eye doctor



Ways to Prevent Dry Eye

- Remember to blink more when using screens
- Omega 3 supplements
- Direct car vents away from blowing in eyes
- Run a humidifier in your home
- Stay hydrated
- Wear sunglasses outdoors to keep wind out of your eyes
- Don't sleep with ceiling fan on