

Dry Eye Treatment

Chronic Dry Eye symptoms include dryness, scratching and burning. Call today for more information or to schedule a consultation.



Artificial Tear Products

There are many different forms and brands of artificial tear products. All of them work to reduce the irritation and excessive tearing that can be caused from having dry eyes. Drops, gels and ointments are all effective at reducing dry eye discomfort.

Drops: Good for daytime use, least amount of blurring of vision. Use at least four times per day. Use preservative free drops if using more than four times per day.

Gels: Effective for a longer period of time. May cause some blurring of vision for a few minutes.

Ointments: Best for use before bedtime. Effective for long periods of time. Blur vision for the longest amount of time. Use a warm compress over your eyes the following morning if you are still experiencing blurred vision.

Warm Compresses

Warm compresses are essential for treating dry eye. Used for 10 minutes once a day, the compresses will encourage the glands that secrete oil into our tear film to keep functioning and give our tears the chemistry they need to moisturize the eye.

While it can be done with a warm washcloth, it is easier to be compliant with the full time if you have an eye mask that can be warmed in the microwave and will hold the heat for 10 minutes.

Supplements

A recent study found those with diets rich in **Omega-3 fatty acids** had a lower incidence of dry eye. Fish is a great source of Omega-3 fatty acid. Increasing your consumption of fish (oily fish like wild salmon, mackerel, herring, trout) to 4-5 servings per week may help dry eye. If you are not getting the dietary recommendations of Omega-3, there are supplements available. Not all brands are created equal. It is important that the oil be re-esterified of high quality fish oils. It should contain sufficient EPA and DHA in the following amounts:

Eicosapentaenoic Acid (EPA) 1000-2000mg

Docosahexaenoic Acid (DHA) 500-1000mg

Examples:

- Nordic Naturals - Ultimate Omega
- PRN - Dry Eye Omega

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929 Business Park Drive
Traverse City, Michigan 49686
231.947.6246 • 800.968.6612

511 Ashmun St.
Sault Ste. Marie, MI 49783
906.635.9802 • 800.824.2711

2061 M-119
Petoskey, MI 49770
231.487.2020 • 866.407.2020

See for yourself. www.gtoc.net

GRAND TRAVERSE OPHTHALMOLOGY CLINIC

Restasis or Xiidra

Restasis and Xiidra are both prescription drops which treat dry eye. These drops work by decreasing inflammation in the eye, making the eye more effective at self-lubrication.

Lipiflow

GTOC now offers the Lipiflow technology in office. With this 12 minute treatment, the gland blockages that occur because of Meibomian Gland Disease (MGD) can be cleared by gently heating and massaging the inner and outer lid. It is described as a gentle massage of the eye lids. This treatment allows the glands to properly function and produce the oils that make up the top protective lipid layer of the tear film. It is fast becoming the standard of care for MGD with studies demonstrating its safe and effective results. LipiFlow is the only FDA cleared device that provides both inner and outer lid therapy.

TrueTear™

TrueTear is a handheld device that uses neurostimulation to activate the creation of your own natural tears.

Lifestyle Modifications to help with dry eye

- Direct air circulation vents in your vehicle away from your face.
- Do not sleep with a ceiling fan or other fans blowing directly on your face.
- Drink 8-10 glasses of water throughout the day.
- Do not smoke.
- Wear wrap around sunglasses to protect the eyes from wind that can dry the eyes out.
- Blink more frequently, especially when working on digital devices. Remember the 20/20/20 rule: Every 20 minutes while working at near look 20 feet away, make several complete blinks for at least 20 seconds.
- Use a humidifier.
- Adjust the computer screen height to be below eye level, as this will encourage more complete blinks compared to screens above eye level.
- Remove eye make up completely. Do not apply makeup to the eyelid margin as this can contribute to clogging of the meibomian glands.
- Clean around the lids with a gentle lid wash. Blephadex, Sterilid, and We love eyes lid foam, are examples of available products.