




# DRY EYE


Dry eye is a common progressive eye disease caused by inadequate tear production, leading to symptoms like burning, redness, and grittiness. Tears are made up of water, oil, and mucus layers, essential for ocular health and vision. Factors like age, medications, and environmental conditions can contribute to dry eye. Ocular allergies have similar symptoms and can worsen dry eye.


## TREATMENT

 **Artificial Tears** - Refresh PF, Ivizia, Systane, Systane PF, Systane Complete, Blink, Blink Gel, Retain, Mega-3, Soothe

 **Lid Massages** - use a wash cloth and hot water to gently massage the lids at the lashes with eye closed for one minutes daily.

 **Flax seed oil** - 1 tablespoon or six 1000mg gel caps per day by mouth

 **Restasis / Eysuvis** - 1 drop two times a day

 **Punctual Plugs** - small devices inserted into tear drainage ducts that reduces tear loss.

 **Pataday** - drops used for ocular allergies.

### Dry Eye Symptoms

- burning
- redness
- excessive tearing
- grittiness
- foreign body sensation
- eye fatigue

# DRY EYE

**INSTRUCTIONS: USE ONE DROP IN BOTH EYES  
EVERY 2, 3, OR 4 HOURS.**



**REFRESH**



**SYSTANE PF**



**IVIZIA**



**PATADAY  
(ALLERGY RELIEF)**



**BLINK**



**SYSTANE**



**BLINK GEL**