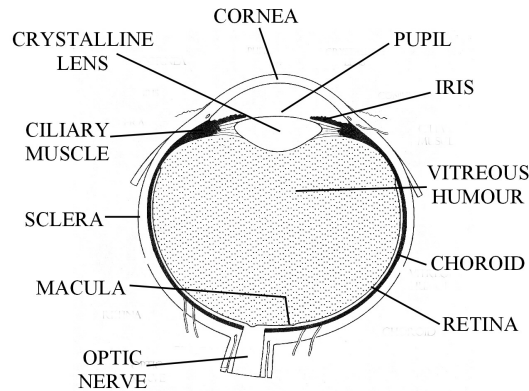


dry eyes and MGD



DROPS

There are many different drops available. The most suitable for you depends on the type of deficiency you have in your tear film and the severity of your dry eye problem.

Drops I recommend are:

- Hypromellose
- Systane
- Liquifilm
- Viscotears
- Celluvisc

Use the drops at least four times a day and any further time there are symptoms. Sometimes at night Lacrilube cream is beneficial.

WARM COMPRESSES

Most people find a lot of comfort from this. Take a face cloth and run under warm water. Wring out and lay against your closed eyes. Do not press. The heat will warm up the oil producing glands releasing the oil it into the tear film making a natural lubricant for your eyes. This can be repeated as often as required. After the warm compress, the lids may feel slightly uncomfortable, so cool down the lids with a cold compress afterwards.

A new method of applying compresses is the Eye Bag. This is warmed in the microwave for 30 seconds and provides a much longer lasting heat source (and is less messy too). 5 minutes in the morning and evening have a beneficial effect. In some cases the relief has been so great that no further treatment is necessary.

LID CARE

MGD or Meibomium Gland Dysfunction is a very common problem and is a major cause of dry eye disease. Fortunately the treatment is very simple. The openings of the Meibomium glands are in the lid margins and in some people become blocked. An application of a mild detergent is the quickest and most effective way of relieving this condition.

Dilute some baby shampoo about ten times and using some cotton wool or a cotton wool bud gently wipe the shampoo along the lid margins. Do both the top and bottom margins. Repeat morning and night for two weeks then once a day for two weeks. Continue treatment for as long as the symptoms persist which may mean long term if not permanent use.

LIFESTYLE CHANGES

There are simple changes that you can make to your lifestyle to reduce your symptoms. When outdoors you should wear sunglasses to reduce exposure to sun, wind and dust; the wrap around type of sunspecs are most beneficial. Indoors an air cleaner can filter out dust and other particles from the air, while a humidifier adds moisture. Avoiding environments that are air conditioned can help as can avoiding having air blowers in cars towards your face. Make an effort to blink frequently and avoid rubbing your eyes as this makes the irritation worse.

DIET

Dietary modifications can also improve dry eye, specifically through increasing omega-3 fatty acid, which can be found in fish oils and flaxseed oil. You can enhance this with supplements or through increased consumption of cold water fish such as salmon, sardines, herring or mackerel or with flaxseed and walnuts

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