

Dry Eye Treatment

Dry eye is a condition that affects approximately 1 in 10 people. The most common form of dry eye is known as Meibomian gland dysfunction. In Meibomian Gland Dysfunction, the oil glands in the eyelids stop working properly, causing a reduction in the quality of the protective oil layer of the tears. Without the protective oil layer the tears evaporate more rapidly and the surface of the eyes become dry. Symptoms of dry eye include soreness, itching, burning, and/or watering of the eyes. These symptoms can be worsened by certain environments, such as windy weather and when using computers. Dry eye is a chronic condition that requires ongoing treatment. There are many treatment options for dry eye. Conservative treatment options that you can complete at home include:

- 1) The use of ocular lubricant eye drops
- 2) The use of warm compresses (resting a warm washer or warm heat pack over closed eyes for 5 minutes, followed by gently massaging the lids),
- 3) The use of eyelash cleansing foam
- 4) Taking fish oil supplements
- 5) Wearing wrap-around sunglasses when outdoors
- 6) Remembering to blink regularly when using a computer and reading for prolonged periods.

Depending upon the nature of the dry eye, your optometrist may recommend one or more of the above treatment options to manage your dry eye. These conservative treatment options alone usually provide relief in patients with mild to moderate dry eye.

In more severe dry eye, a more intensive treatment is often required. This intensive treatment consists of visiting our



Eyecare Eyewear practices weekly for four sessions of in-office dry eye treatment.

For the first stage is of the dry eye therapy, your optometrist will ask you to wear a pair of Blephasteam goggles for 10 minutes. These goggles produce a gentle warm steam which heats the glands within the eyelids to melt the oil.

The next stage of the appointment is when the optometrist uses specialised equipment to express and clean the oil glands and eyelashes. This process allows the glands to function better. This part of the procedure requires the optometrist to apply some pressure to the eyelids, so it may feel a bit uncomfortable. These intensive in-office dry eye treatment sessions should improve the quality of the tears and reduce the frequency and severity of dry eye symptoms experienced. We do require you to continue the home based treatments recommended in addition to the in-office dry eye treatment sessions. Depending upon the nature of the dry eye, the treatment effect can last up to 2-3 months. If dry eye symptoms return following the treatment sessions, additional treatments may be required. If you are interested in receiving more information about the dry eye treatments, please phone to arrange a consultation. We request that you do not wear eye make up to dry eye treatment appointments as this will affect the treatment process.





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References

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Useful Links: <https://www.youtube.com/watch?v=Rbdn4ezJL4U>

