

How to treat dry eyes ?

Treatment aims are to treat the underlying cause, manage the inflammation and conserve tears. Tear supplements, and medicated eyedrops, are often used. The type of treatment recommended by your doctor will differ, depending on the cause of your dry eyes. The latest treatment involves thermo-mechanical ablation to increase lubrication and reduce tear evaporation.

SELF-CARE TIPS

- **Blink regularly** when reading or staring at a screen for extended periods of time.



20 - 20 - 20 rule:

Take a 20 second break, every 20 mins and look 20 feet away, blinking frequently

- **Increase the humidity** in the air at work and at home
- **Wear sunglasses outdoors** particularly wrap-around frames, to reduce exposure to dry winds and the sun
- **Nutritional supplements** containing essential fatty acids (e.g. omega 3, 6, 9) may help reduce dry eye symptoms
- **Keep hydrated** by drinking plenty of water
- **Get enough sleep**
- **Clean eyelids regularly**



Treatment options



Depending on the root cause of the dry eyes, there are many treatment options.

- Apply warm compress
- Lubricant eyedrops
- Medicated eyedrops
- Punctal plugs (to close your tear drainage duct to reduce tear loss)
- Eye mask
- Eyelid hygiene device



- Intense Regulated Pulse Light (IRPL) therapy



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Dry Eyes

(DRAI - AIZ)



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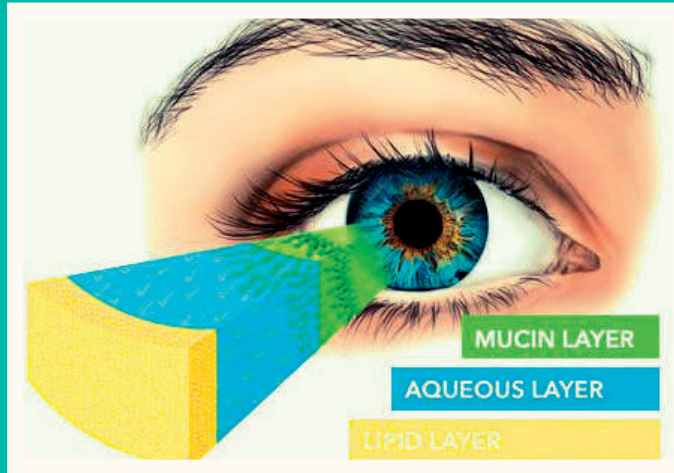
PROTECTING VISION | RESTORING SIGHT

What is dry eye syndrome ?

Dry eye syndrome is a disease whereby the eye is unable to produce adequate tears either in volume or quality. This results in inflammation of the eye surface which further worsens the dryness. Dry eyes is one of the most frequent causes of visits to an eye specialist. Blepharitis, an inflammation of the eyelid margins, can cause dry eyes as well. To understand dry eyes, it is important to understand the tear film. The tear film is made up of three layers, which each have a function.

- The **outermost, oil (lipid) layer** - coats the tears and prevents evaporation.
- The **middle, water (aqueous) layer** - provides nutrients to the surface of the eye, washes away debris and removes waste products.
- The **innermost, mucous (mucin) layer** - acts as a protective lubricant and provides a smooth surface for the even distribution of tears over the surface of the eye.

Each time we blink, a protective coating of tears is spread like a film over the front of our eye. When any part of the tear film isn't functioning properly, you may start to experience one or more symptoms of dry eyes.



What are the symptoms ?

- Redness or irritation
- Stinging or burning
- Eye fatigue
- Blurred vision
- Stringy mucus in or around your eyes
- Sensitivity to light
- Difficulty wearing contact lenses
- Watery eyes (the body's response to coping with the irritation)

How can I test for dry eyes ?

Tear film interferometry - An evaluation of your tear quantity and quality, correlated with any co-existing medical condition is useful. Effective management depends on the type of dry eyes and layer of tear film that is affected.

Your Eyes - Your Windows to the World

KEEP THEM MOIST

What causes dry eyes ?

Inadequate Tear Production

- Aging
- Menopause
- Medication: anti-histamines, hormone replacement therapy, antidepressants, oral contraceptive pills and some anti-hypertensives
- Medical conditions such as diabetes, rheumatoid arthritis, thyroid disease and connective tissue diseases
- Laser eye surgery
- Tear gland damage from inflammation or radiation
- Contact lens wear

Increased Tear Evaporation

- Windy conditions or dry air
- Eye strain e.g. from long hours of reading, driving, computer or gadget use
- Blocked meibomian (oil) glands
- Eyelid defects

What are the complications ?

Dry eyes can result in complications which can all lead to:

- Reduced vision
- Eye surface inflammation
- Abrasion of the corneal surface
- Corneal ulcers