



Dry Eyes

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You have been diagnosed as having dry eyes. The dry eye condition occurs because of decreased production of tears by the tear glands in your eye. Sometimes it's related to decreased blinking during reading or television viewing.

Your symptoms may include a feeling that the eyes are “tearing” or “filled with tears”, which is a response of the eye once it senses that the eye is dry. Other symptoms commonly reported are burning and itching, which worsens as the day progresses, or a gritty, irritated sensation. One treatment for this condition involves the use of an artificial tear substitute which replaces the tears your eyes are not producing. Additionally, it stabilizes the tear film so that it is more effective.

These tears are available over the counter, without a prescription, and we recommend any of the following:

1. Refresh or Bion Tears
2. Tears Naturale
3. Genteal
4. Thera Tears (excellent after Lasik)
5. Refresh Liquigel
6. CelluVisc (thicker)

If numbers 1, 2, or 3 don't provide relief, try either 5 or 6. Use them four to six times a day to begin with, one drop in each eye.

If you still experience discomfort, use them more frequently. If four to six times a day provides relief, cut back to two or three times a day, or as needed. Punctal plugs or Restasis are also very effective. Discuss these with your eye doctor.