

COMMUNITY  COMMUNITY
EYE CARE SURGERY AND LASER
SPECIALISTS CENTER

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Dry Eye

Over the last few years, the incidence of dry eye has increased dramatically. At Community Eye Care, we see at least 30 cases of dry eye syndrome on a daily basis.

Symptoms

People that experience dry eyes, have a number of symptoms that occur at any time of the day. They include:

- Gritty, sore eyes that feel “tired”
- Red, light sensitive
- The urge to rub the eyes (which usually makes it worse)
- Closing the eyes help alleviate symptoms
- Transient foggy vision that seems to improve with blinking

Diagnosis

A simple eye exam is critical. In some severe cases this can cause permanent vision loss. Treatment will improve your quality of life significantly.

Treatment

- Rule out any associated diseases, such as lupus or rheumatoid arthritis.
- Look at medications that increase dry eyes.
- Drink lots of water and reduce wind exposure with glasses.
- Start artificial tears such as Oasis ® Tears. *Community Eye Care* offers these drops at all of our locations. Sometimes a preservative free eye drop is best.
- Use lubrication ointment at night for severe cases.
- Punctal Plugs or cautery can help as well. Ask your eye care professional for additional information about these procedures.
- Try to increase tear production with cyclosporine drops (a prescription drug)
- Keep your eye lids and lashes clean. Oasis ® makes an easy to use and effective lid cleanser cream. This can also be purchased at any of our office locations.