

## Dry Eye Relief Instructions

Dry Eye Syndrome (DES) is a problem Dr. Fucigna and his staff will help you with. It occurs when the eye does not produce enough tears. Ironically, people may have a lot of tearing with DES. A sufficient tear film allows us to have good vision; without it, blurriness and irritation may occur. Common symptoms include: scratchiness and grittiness, excessive tearing, and tiredness at the end of the day.

Dry Eye Syndrome can be a result of systemic medications, eye procedures, and staring at the computer screen. *It can be worsened with increased screen time on computers because we don't blink.* Eye dryness can be measured in our office through a special Tear Lab test with immediate results. Dr. Fucigna has some simple suggestions to help you with DES:

### Multi-step Approach

#### **1. Artificial tears help lubricate your eye, similar to your own tears, and is used as often as needed**

- Can be purchased over-the-counter, found at most drug stores
- If you are sensitive to preservatives, preservative-free drops are available
- A HINT: To improve efficacy, you may keep your artificial tears wherever needed: on your keyboard, in your car, next to your toothbrush, etc.

#### **2. Flax Seed Capsules of at least 1000mg by mouth**

- Over-the-counter jelly capsule supplement taken orally, separate from flax seeds you might add to your everyday meals

#### **3. Punctal Plugs can be inserted into the tear drain (punctum) to help keep tear fluid in the eye**

- Dr. Fucigna will gently place the plug into the upper or lower eyelid and it will act as a stopper, like in a bathtub, to raise the amount of tear fluid

#### **4. Prescription eye drops, which stimulate tear production (you may see advertised: Restasis, Xiidra, or Cequa)**

- Time and cost commitment as they need to be used twice a day
- Effectiveness increases after at least one month and following plug placement
- A HINT: Single use vials can be used for more than one day if kept covered and standing up in a shot glass in your refrigerator