

Our eyes are a reflection of what is happening in our bodies. When it comes right down to it, the way we live our lives day in and day out determines our overall well-being and is a huge factor in how our eyes are equipped to handle the every day situations in which we ask them to perform for us at the highest level. We may spend long hours reading or looking at our devices for work, play, and communication. We are driving, possibly wearing contact lenses long hours, spending time in varying environments inside and out that can cause challenges for our tear film balance. So many influences contribute to how our eyes feel on a daily basis: amount and quality of sleep, diet, adequate hydration, and last but not least, our level of stress. When we truly engage in treating our dry eyes from a “whole body” point of view, we will have more successful outcomes and our whole body will benefit. Our eyes are truly one indication of our overall health.

Please talk to your doctor about any concerns you have about your eyes and schedule your Dry Eye Evaluation!

DRY EYE SYNDROME



Call Us Today
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WHAT IS DRY EYE SYNDROME?

You may think that Dry Eye is the result of not having enough tears, however, most people who suffer from ocular surface disease actually suffer from an imbalance of the tear film makeup.

There is a lack of healthy oils that help to keep the tears from evaporating, that usually stems from changes occurring in the meibomian glands that line our eyelids.

WHAT ARE SOME SYMPTOMS OF DRY EYES?

- GRITTY, SANDY, OR IRRITATED FEELING
- BURNING
- REDNESS
- WATERING
- BLURRED VISION
- LIGHT SENSITIVITY
- EYE FATIGUE OR STRAIN



HOW DO WE TEST FOR DRY EYE SYNDROME?

Your doctor may note some signs of Dry Eye during your comprehensive eye exam and recommend that you schedule to return for a Dry Eye Evaluation. This visit begins with a thorough history; some systemic conditions or medications increase the likelihood of dryness and inflammation of the eyes. Traditionally, older people are thought to be at higher risk, however, we are seeing dry eye related changes even in young children.

Microscopic evaluation of the lids, lashes, and front surface of the eye is performed. Specialized equipment including the Firefly imaging system, used to assess the amount and quality of the tears, observe the effects of dryness on the cornea, conjunctiva, and eyelid margins with the use of dyes, evaluate the effectiveness of your blinking pattern, and grade the structural changes and function of the meibomian glands.

HOW DO WE TREAT DRY EYES?

Treatment ranges from prescribing the best lubricating or therapeutic drops for your eyes, to facilitating the use of autologous tears that are made from your own blood serum. Often, at home treatments including warm compresses, lid hygiene, and supplements formulated for Dry Eye can produce meaningful improvement. In office procedures include punctal plugs, placement of amniotic membranes, and IPL.

Warm compresses can help dry eyes by providing moisture and heat. The heat from the warm compress helps to open the meibomian glands to improve oil gland function, stabilize the tear film, and slow down tear evaporation. After removing the warm compress, your eyes will be able to expel debris and bacteria more efficiently, helping your eyes remain healthy and clear.



Hygienic Eyelid Solution is an all-natural, isotonic saline wash that delivers prescription strength results without the cost and inconvenience of a prescription. It is designed to assist in the removal of foreign material and debris on and around the eyelid margins to support rapid and effective relief from dry eyes associated with conditions like blepharitis and meibomian gland dysfunction (MGD).



Punctal plugs are tiny devices that are placed in the eye's tear ducts (called puncta). The plug is about half the size of a grain of rice, and it blocks tears from draining from the eye. This helps keep the eye's surface moist and comfortable, relieving itchy, burning and red eyes.



Intense Pulsed Light (IPL) uses precise pulses of light to target abnormal blood vessels associated with increased inflammation. This technology has been used for years by dermatology; patients may note the added benefit of cosmetic improvement with these treatments aimed at improving meibomian function.

