

DRY EYE INFORMATION.

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Artificial tears.

Many artificial tears are available in the marketplace. There is no way to predict which will be best for you. Please try different brands. If you use an artificial tear more than 4 times per day, consider the preservative free brands. Preservatives in reusable containers are highly toxic, so repeated exposure over many weeks and months may cause irritation and increase the symptoms of dry eye. Preservative free vials may be used more than once by storing in the refrigerator.

Ophthalmic Gels and Ointments.

Gels are thick and water soluble. After application, the vision is blurred but will clear in a short amount of time. Gels are products similar to petroleum jelly. Vision takes longer to clear compared to gels and work best just before closing your eyes at night.

Hot Compresses

Hot compresses increase the flow of oil from the eyelids to the surface of the eye to prevent evaporation. A variety of products are available at pharmacies and on line. Some are inexpensive and wear out soon while others are quality items that are more effective. Discuss with Dr. Wilmarth.

Avenova

This unique medication is a mainstay of dry eye treatment. Bacteria on the eye lid margin create inflammation and toxins which block the flow of oil onto the eye and irritate cause irritation. Avenova kills germs on the eye lid margin and reduces the level of toxins. Apply it with a small cotton swab or cotton applicators. A lit magnifying cosmetic mirror is very helpful.

PRN Omega 3's

This is the highest grade of Omega 3's available. PRN processing eliminates toxins and returns the fats to the natural state for maximal absorption. Use of omega 3's and flaxseed oil increases the amount of oil in your eye lids and tear film, reducing the evaporation of your tears from the surface of the eye. It takes 2 to 3 months of use for the full effect, so be patient. A high level of omega 3's has many health benefits and it now part of recommended diets. Through PRN, you may order a test to compare your levels at the start of treatment and at 3 months.

Flaxseed Oil

Flaxseed oil contains high levels of omega 3 and omega 6 oils that complement the omega 3 found in fish. The product available in pharmacies is excellent and low priced.

Overview

Most dry eye is due to evaporation from the surface of the eye.

Decreased oil production.

Over the years, the glands in the eye lids decrease production of oil. Omega 3 and omega 6 supplements increase the oil in the glands and other parts of the body.

Lids margin inflammation.

Eye lid margins are moist, a perfect environment for bacterial growth. The bacteria and their toxins create inflammation that seals off the oil glands in the lids and irritates the surface of the eye. The oil flow is blocked so oil can't reach your tear film. Evaporation of your tears is increased and your eyes dry out. Hot compresses increase the flow of oil and Avenova decreases the bacteria and toxins on the lid margin.

