

Dry Eye Lubricants

One in five Americans suffers from Dry eye. It is a condition which causes eyes to be red, itchy, mildly achey, have associated fluctuations in vision, fleeting moments of sharp-shooting pains, and (reflex) tearing. The causes can be related to environment, age medicines, allergies, underlying disease (such as rosacea, rheumatoid arthritis, thyroid disorders, or certain corneal disorders, to name a few). Dr. Hudak will try to discover the causes of your case and give recommendations. Most people with Dry Eyes need to use preservative-free lubricant drops, gels, and/or ointments. Some need punctal plugs. Some need Restasis. Some need changes in medications. Some need referrals to other physicians. Treatment and management are geared toward getting to the source of the problem. **The most important times to lubricate the eye are before bedtime and upon awakening.**

Excellent choices for lubricants include:

Systane-Free or Systane Ultra Drops

GenTeal drops and gel (Moderate to severe Dry eye strength)

Refresh Liquigel

Thera Tears Drops and Gel

Optive

Note: Preservative-free lubricants are safe to use with contact lenses on the eyes.

For mild dry eyes, use lubricants 1-2 times daily.

For moderate dry eyes, use lubricants 2-4 times daily.

For severe dry eyes, use lubricants at least 4 times daily. LacriLube, Refresh PM, Systane Ointment, GenTeal Ointment, and DuoLube are good ointments.

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