

Treatment for Dry Eyes

Family Eye Care and Pediatric Vision Center, PLLC

Overview

Symptoms of dry eye are burning, stinging, redness, tired eyes, intermittent blur & excess watering that runs past your eyelids.

If you have been diagnosed with dry eye and are not getting adequate relief from moisture drops, gels and ointments - you are not alone! An estimated 5-15% of Americans experience dry eye and many are not getting adequate relief with over-the counter products. Fortunately, there are treatment options that are available!

Treatments

Treatment	Description
Moisture Drops	Not all moisture drops are created equal. Depending upon your eye and tear evaluation, we can recommend the right moisture drop for you, so you get the best therapeutic treatment with over-the-counter eye drops.
Punctal Plugs	These are placed within the small drainage ducts in your eyelids. They block your tears from leaving the surface of your eye.
Prescription Anti-Inflammatory Eye Drops	These are used twice a day to target the inflammatory component and to help you make more of your own natural tears. Restasis, Cequa & Xiidra are leading brands. There is now a generic version available as well.

<p>Steroid & Non-Steroidal Prescription Eye Drops</p>	<p>These work by calming the symptoms of eye pain, redness & irritation.</p>
<p>Amniotic Membrane Tissue Graphs</p>	<p>These deliver stem cells directly to the surface of the cornea and helps it heal from chronic inflammation.</p>
<p>Prescription Nasal Spray</p>	<p>Tyrvaya is a twice-a day nasal spray that stimulates production of your own tears</p>
<p>Prescription Human Growth Factor</p>	<p>Oxervate is a prescription eye drop that targets neurotropic keratitis, a condition that causes the front of the eye to loose its ability to detect dryness and to produce tears as needed to maintain a healthy surface</p>
<p>Prescription Anti-Evaporative Drops</p>	<p>Meibo is an eye drop that is used every 6 hours to prevent evaporation from the surface of the eyes.</p>
<p>Meibomian Gland Treatments</p>	<p>Eyelids have special glands that secrete necessary oil that coats your tears and prevents quick evaporation. Many factors can disrupt their normal function. Medications, moist-heat compresses and massage can help restore function. However, when the glands have been severely damaged with scar tissue, other measures are required. Dr. Melissa Holliman now performs a technique called "meibomian probing" to re-open the glands and clear blockages.</p>

Other Symptoms

If you have dryness that is worse in the early morning, you may not have full eye closure during sleep. We can check for this and recommend treatments to help.

If you constantly have "cotton mouth" and experience dry eyes, you may have a condition called "Sjogren's." There is now a simple blood test to check for this often-missed diagnosis. Speak to your primary care doctor about the "SJO" test.

Contact Us

If you are experiencing these symptoms, please schedule an appointment to discuss how we can help you.

