



DRY EYE?

What is Dry Eye Disease (DED)?

Dry Eye Disease is a complex disease of the ocular surface (front of the eye) with many contributing factors. The tear film which helps protect and nourish the ocular surface is made up of many parts all in perfect balance. When this balance is off we start to feel the symptoms of dry eye. Inflammation and damage can occur and if left untreated will lead to reduced corneal sensitivity.

What causes Dry Eye Disease?

The main cause of DED is an imbalance in the tears. This occurs when the body doesn't produce enough tears and/or when the tears evaporate too quickly. Your environment, use of digital devices, poor lid hygiene, contact lens use, and certain systemic diseases and medications are all risk factors.

How do I know if I have Dry Eye Disease?

Common symptoms include blurry vision, itchy eyelids, watery eyes, red eyes, and feelings of discomfort, dryness, burning or grittiness. These symptoms can vary throughout the day and many people won't experience any symptoms at all. The best thing you can do is talk to your optometrist and schedule an eye exam.

More ▶



FOCAL POINT
COMPREHENSIVE VISION CARE

What is the Dry Eye clinic?

Our new Dry Eye Clinic is an area dedicated specifically to assessing and treating the underlying causes of DED. We are equipped with advanced technology to assess the composition of your tears (TearLab), the stability of your tears and the state of both the ocular surface and meibomian glands (Oculus Keratograph). Your optometrist will then interpret and share the data with you. Next, you and your optometrist will create a treatment plan.

How do I know if I should have a Dry Eye work-up?

At Focal Point Comprehensive Vision Care we are happy to see anyone who is curious about the health of their eyes. You may want to consider a dry-eye work-up if you have consistently tried conventional treatment and are still symptomatic or have found little relief. It is also important to have a dry eye work-up if your optometrist indicates that they are seeing signs of DED. When in doubt you can always book a regular eye exam with your optometrist and they will let you know whether a dry eye work-up is right for you.

How do I prepare for the Dry Eye clinic?

It is important for us to assess your eye in its natural state. On the day of your appointment, we ask that you refrain from wearing any make-up and do not put any drops in your eyes 2 hours before your exam.

What can I do about Dry Eye Disease?

There are many at home and in office treatments to help manage Dry Eye Disease. Artificial tears, warm eyelid compresses, eyelid hygiene and Omega 3 supplementation have all been proven to be effective in treatment. BlephEx is an in-office procedure to clean and remove debris and biofilm from the eyelid margins. iLux is an in-office procedure using LED lights to gently warm and express, or squeeze, the oil from the Meibomian glands in the eyelids. IPL (intense pulsed light) can be used to aid the meibomian glands by reducing inflammation in the eyelids and facial skin. "NutraSea EPA+" contains 1200mg of EPA, 300mg of DHA and 150mg of GLA per teaspoon. This is a great choice for dry eye management when looking for a liquid form of Omega 3 with GLA.

MORE QUESTIONS?

Feel free to talk with your Optometrist.