

Dry Eyes?

First Steps
for Relief



See Reverse

Did you know →

The most common form of dry eye disease is **evaporative dry eye**, which is typically the result of having increased tear evaporation. There are several simple ways to find relief:

Drink water - Since water is the primary ingredient of tears, drinking plenty of water can help keep your eyes moist. We recommend 3 liters/96 ounces a day for males, and 2 liters/64 ounces for females.

Avoid excess alcohol and caffeine - While consuming both in moderation is fine, having two or more alcoholic drinks or caffeinated beverages a day is not dry eye friendly.

Take a high-quality fish oil - Fish oil is known for having many positive effects on the human body, and this includes your eyes. We recommend taking at least 1,000 mg daily with food in a triglyceride form, with at least 60% of the fish oil being EPA/DHA (the two Omega-3 fats that contribute to healthy eye function). EyePromise® EZ Tears® meets these criteria.

Reduce your screen time - The average person in the U.S. spends upwards of seven hours a day on screens, including computers, mobile devices and tablets. When using these devices, people tend to blink less.

Use a hot compress - Use a compress that has been designed to hold heat and is made of material that is gentle on the eyes. Warm it in a microwave for 20-30 seconds and apply it to your closed eyelids for 5-10 minutes before you go to bed and when you wake up. We recommend Bruder® compresses for their quality and ease of use and they are available at the front desk of our offices.

Try lubricating eye drops - Commercially available lubricating eye drops – also called artificial tears – can bring instant relief. They can come with or without preservatives. Your Focused Eye Care doctor can help make specific product recommendations for you based on your symptoms.

Approximately **20 million people** in the U.S. have dry eye disease and the numbers are growing for both younger and older adults.

NASHUA 603.882.0311
MILFORD 603.673.1330



**FOCUSED
EYE CARE**
Milford | Nashua