

# Dry eye discomfort?

Consider these self care strategies - and talk to your eye care professional!

Dry eye discomfort can be annoying and even painful. Talk to your eye care professional about your symptoms - and consider the following ideas for self care.

**Pay attention to your blinking.** You may forget to blink regularly when using digital devices (e.g. smartphone or computer) or concentrating extra-hard. Blinking refreshes and spreads tears over the surface of the eye in addition to clearing debris away.

**Do your eyes close fully during sleep?** If your lids do not shut completely while you sleep, the exposed surface can dry out and cause discomfort. Research has also found that closed eye tears contain ingredients that help to maintain eye health. Talk to your eye care professional if you find your eyes particularly dry when you wake up.

**Try using over-the-counter artificial tears.** Talk to your pharmacist about your options. Drops that don't include a preservative may be better for your eyes. **Avoid drops advertised as treating eye redness: they are a temporary solution and may make the problem worse.**

**Clean your eyelids.** When you wash your face, use a warm washcloth to soak and gently clean the edges of your eyelids. Paying special attention to the lid margins can help by clearing away any build-up of debris, including residue from eye makeup. Talk to your eye care professional about commercial options for cleaning your eyelids, such as custom designed lid scrubs.

**Keep your body hydrated.** Research indicates that overall hydration has a positive effect on dry eye symptoms.

**Eat more omega-3 fatty acids.** Natural sources include flaxseed, canola oil, chia seeds, walnuts, shellfish and oily fish (e.g. tuna, salmon and sardines). Omega-3 is also available as a nutritional supplement.



» **TALK TO YOUR  
EYE CARE PROFESSIONAL**  
about your options