

Dry Eye Self-Care Tips

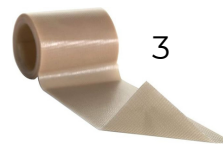
OTC Eye Drops / Artificial Tears

- Look for lubricant eye drops or gels. Avoid drops containing redness relievers.
- Look for drops that say “Preservative-free” on the box. PF drops are sold in vials and special multi-dose preservative-free bottles.
- For severe symptoms, consider using drops before your eyes start to feel dry.
- There are many unsafe eye drops sold online. Exercise caution when shopping online. Check eyedropsafety.org for product alerts and recalls.

Daytime Dry Eye Glasses

Did you know? Wearing moisture chamber eyewear—anything from safety goggles, to motorcycle goggles, to custom moisture chamber glasses—can help improve eye comfort by increasing humidity around your eyes and blocking winds, drafts, A/C, etc.

- **Standard:** ZienaEyewear.com (1)
- **Sunglass/outdoor style:** 7Eye.com (2), WileyX.com
- **Budget options:** Safety/Lab goggles from hardware stores; NoCry, Outfitters/Fitovers, GlobalVision Over-Rx styles; Stoggles



Nighttime Dry Eye Protection

Common remedies for overnight dry eye protection include: Eye ointment or gel, silicone medical tape (3), Glad Press n' Seal, Lightweight sleep mask, EyeEco.com shields (4) or HelloBlinkJoy.com (5) sleep masks.

Eyelid care

- **Daily Hygiene:** There are many lid wipes, foams, sprays, etc. with many different ingredients. Ask your doctor for a recommendation or DEF can help.
- **Warm compresses:** Your eye doctor may recommend warm compresses to help manage your condition. Some people also use them for symptomatic relief.

Don't forget about **cold compresses** which may help relieve pain, burning, and redness. You can use a gel mask, flax or rice baggy, or crushed ice.

Managing Screen Time

- **Increase comfort:** Reposition screen so you are looking slightly down rather than straight on. Avoid fans/vents. Use blinkingmatters.com for blink reminders. Take eye breaks. Use a long-lasting eye drop. Use a humidifier. Try moisture chambers.
- **Reduce screen time:** Close your eyes when possible; use accessibility features such as speech to text, read aloud, or AI. Print documents when possible.

Dry eye symptoms have a real impact!

Constant awareness of your dry eyes can affect all areas of your life. We use the term Chronic Ocular Surface Pain (COSP) to describe the symptom burden.

Preparing for appointments:

Here are some suggestions for identifying the highest priority questions for your doctor.

My #1 goal for this appointment is:

(i.e. I will be satisfied with the outcome if...)

My #1 concern today is:

(i.e. what I am thinking, wondering or worrying about most)

My follow-up information:

(If I started or stopped a treatment, what changes can I report)

I would like to learn more about:

(Pick a single topic; ask for information and resources)



Use this worksheet to prepare: dryeyezone.com/appointment-worksheet

Need more support?

WATCH:

1. BEBRF Webinar: Managing Dry Eye with DEF (2023)
youtu.be/gX2DofGPoEY
2. Ocular Surface Disease & Ocular Surface Pain
youtu.be/V7DsrbjeuwM



READ:

3. Dry Eye Zone Patient Guidebook: dryeyezone.com/guidebook
4. dryeyezone.com



JOIN A GROUP: DEF host Zoom support groups each month. Register at dryeyefoundation.org/calendar.



EMAIL US: info@dryeyefoundation.org

CALL THE DRY EYE HELPLINE: 800-484-0244

We're here to help!



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dryeyefoundation.org
26287 12 Trees Ln NW Poulsbo WA 98370