

Dry Eye Syndrome

What?

So What?

Now What?



Dry Eye Syndrome occurs when there is a loss of stability in the eye's tear film (the natural layer coating the front of the eye).

Acknowledgments: Samuel, A., Yelle, B., Baig, K., Sabeti, S.

What causes dry eye syndrome?

- The **cornea** is a clear, dome-shaped surface at the front of the eye that helps focus light on the retina.
 - The cornea is covered by a natural tear layer, known as the **tear film** that functions as a healthy buffer and interface to help focus light.
 - If this tear film becomes dysfunctional, irritation occurs to causes a reflex of tears to counteract the problem.
 - However, **reflex tearing** is often insufficient.

Some risk factors include, but are not limited to:

- Allergies
- Age (> 50 years old)
- Eyelid inflammation
- Infrequent blinking – increased screen times
- Contact lens use

Why are dry eyes important?

Dry eye syndrome is a common ocular condition that ranges in symptom severity on impact of quality of life.

Early intervention through a comprehensive eye exam can greatly improve long-term visual health.

How do dry eyes present?

A prominent symptom of dry eyes is **tearing**. While this syndrome is referred to as **dry eye**, **tearing** is a prominent symptom that occurs due to dysfunction of the tear film.

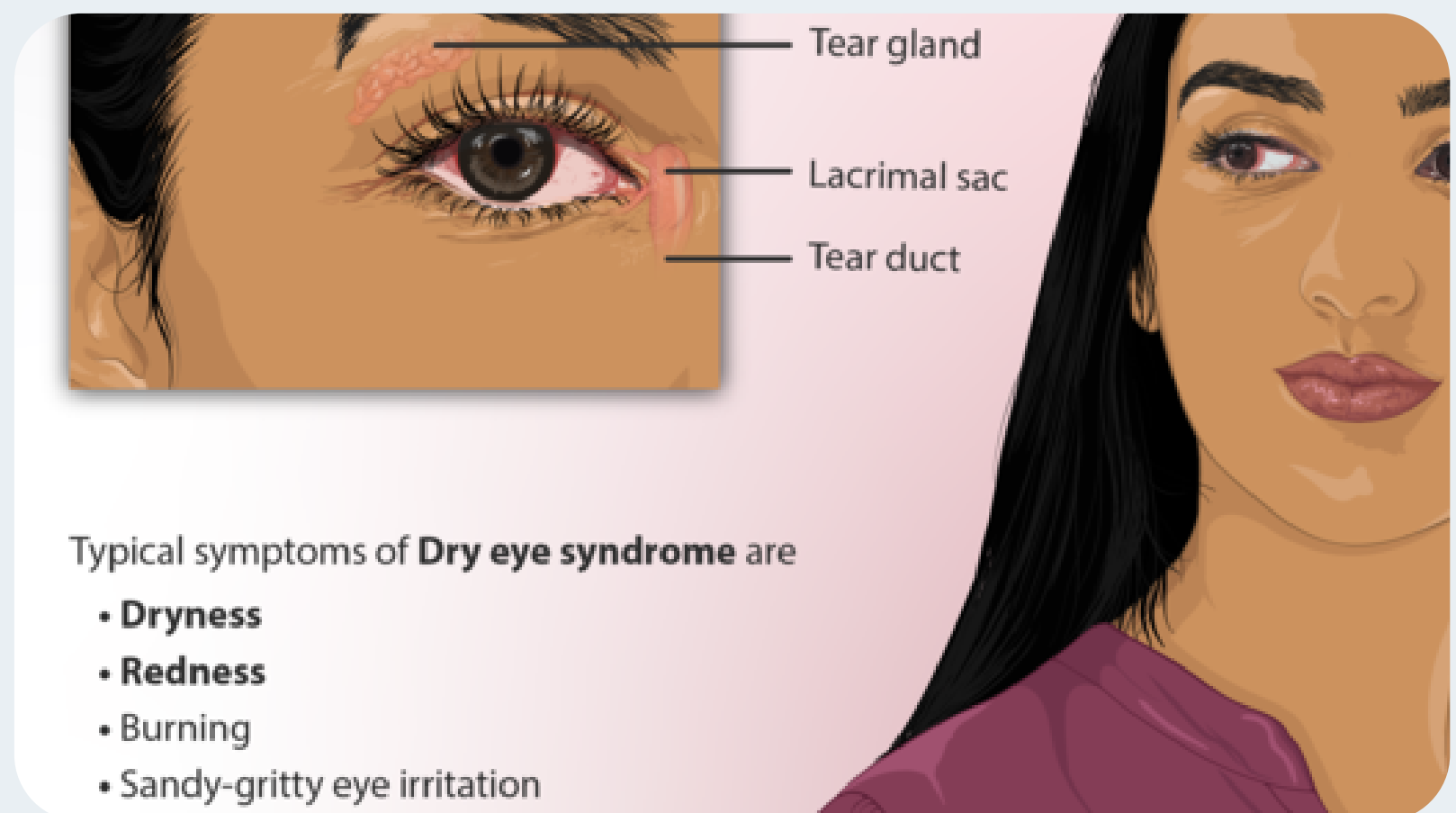


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Other symptoms include:

- Discharge
- Frequent blinking and blurry vision
- Light-sensitivity
- Pain

Your Appointment Details

- **Date:** _____
- **Time:** _____
- **Location:** Precision Cornea Centre _____
- **Doctor:** _____
- **Follow Up:** _____
- **Additional Notes:** _____

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What are my treatment options?

What you can do to help:

- **Artificial tears**
 - Preservative free
- **Artificial tear gel and ointments**
 - Longer acting
- **Warm compresses**
 - 10 minutes, two times/day
- **Eyelash and eyelids scrubs**
- **Tea tree oil wipes**

What we can do to help:

- **Prescription Medications**
 - Restasis (cyclosporine 0.05%)
 - Cequa (cyclosporine 0.09%)
 - Xiidra (lifitegrast 5%)
- **Autologous Serum Tears**
 - Specifically compounded artificial tears mixed with patient's serum (blood).
- **Plasma Rich Growth Factor (PRGF) / Autologous Serum Tears**
 - Involves obtaining plasma from the patient's own blood, which is rich in proteins called growth factors that help with ocular surface tissue regeneration.
 - Better suited for patients with systemic infiltrates.
- **LipiFlow**
 - Automated meibomian (oil) gland heating and manual expression procedure.
- **Intense Pulsed Light (IPL) Therapy**
 - Involves loosening the clogged Meibomian (oil) glands through the use of light therapy and treatment of unwanted blood vessels along the lid margins.
- **Radiofrequency (RF)**
 - Involves heating the clogged Meibomian (oil) glands while allowing for their expression through the applied pressure.

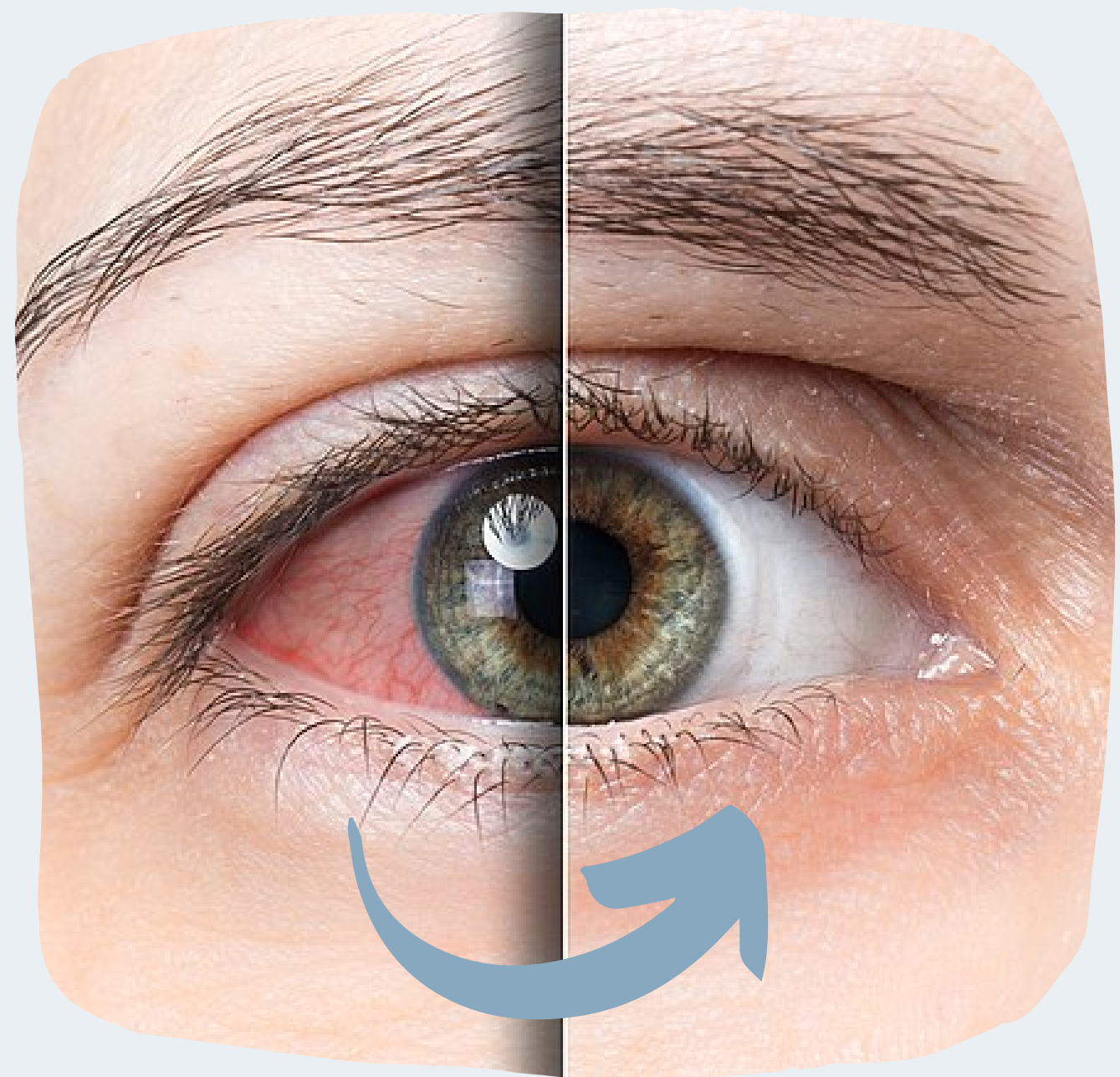


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