

Dry Eye Treatments

Meibomian Gland Dysfunction (MGD)

There is no quick cure for MGD, but our doctors may advise you to try one or more of the following treatments that can help to improve the health of your tear glands and relieve discomfort — if you apply them on a regular basis.

1 Avoid dusty and windy environments, where possible.

2 Consider humidifying indoor spaces.

Dust, wind and a dry environment can worsen the discomfort caused by MGD.

3 Take omega-3 fatty acids to decrease inflammation and help with dry eyes.

Foods such as walnuts, salmon, tuna and ground flax seed are rich in omega-3 fatty acids. You can also take supplements.



RECOMMENDED PRODUCT

I-VU Omega-3 Plus

4 Apply warm compresses in the morning and before bed, to soften and release the meibum.

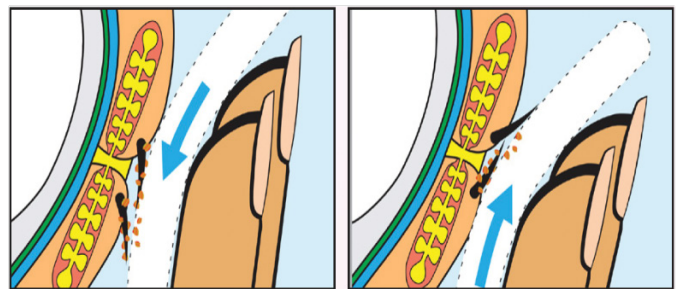
Hold the warm compress firmly against your closed eyes for 7-10 minutes. Massage your eyelids gently with your fingers.



RECOMMENDED PRODUCT

i-Relief Mask

5 Use an eyelid cleanser in the morning and before bed to clear away bacteria on your eyelids.



Spray the prescribed cleanser onto a lint-free cloth or remove a pre-soaked cloth from its packaging. Work the cloth into a lather. Close your eye and wipe the cloth over the lash line on the edge of your upper eyelid. Be sure to focus your attention on the edge of the eyelids.

RECOMMENDED PRODUCT

Lid and Lash Plus

6 Use artificial tears to keep your eyes moistened and lubricated.

Artificial tears can help temporarily relieve dry eye symptoms.

RECOMMENDED PRODUCT

Hylo Dry Eye, Hylo Intense, I-Drop MGD, or Systane.