

South River Eye Care
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DRY EYE SYNDROME

Dry eye syndrome occurs because of decreased production of tears or a deficiency in the composition of the tears by the tear glands in the eye.

Symptoms may include a feeling that the eyes are “tearing” or “filled with tears”, which is a response of the eye once it senses that the eye is dry. Other symptoms commonly reported are burning which worsens as the day progresses, or a gritty, irritated sensation.

The initial treatment for this condition involves the use of an artificial tear substitute which replaces the tears your eyes are not producing or supplies the deficient part of the tears.

These substitute tears are available over the counter without a prescription, and we recommend any of the following:

- **Less viscous**
 1. Hypotears®
 2. Tears Naturale II®
- **More viscous**
 3. Adaptettes®
 4. Celluvisc®
- **Non preserved**
 5. Refresh®
 6. Tears Naturale NP®
 7. Vit-A Drops®
- **Ointments – for bedtime use only**
 8. Lacrilube S.O.P.®
 9. Refresh PM®

Use the drops (Numbers 1-7) four to six times a day to begin with, one drop in each eye.

If you still experience discomfort, use them more frequently. If four to six times a day provides relief, cut back to two or three times a day, or as needed.

In other words, you be the judge of how often to use them. They will in no way harm your eyes if you use them frequently.

Ask our doctors if ointment 8 or 9 is necessary and how to use them.

If you continue to have trouble, notify our office.

For further information do not hesitate to contact our office.