

# 5 Helpful Tips for **Dry Eyes**



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Do your eyes feel dry and gritty? Do they seem to water constantly? Do they feel like there is something in them? If so, then you probably suffer from some form of Dry Eye Disease.

Here are 5 quick tips that can help alleviate dry eyes.

## **1. H<sub>2</sub>O is your friend**

Mild dehydration often makes dry eyes worse. Simply drinking more water can alleviate some dry eye symptoms. This is especially true during hot, windy weather. The typical recommended amount of H<sub>2</sub>O is 8-10 glasses every day. The best choices of beverages are water, 100 percent fruit and vegetable juices, and milk. Also, try to lessen your intake of caffeine and carbonated beverages.

## **2. Use a good artificial tear**

Instill a good artificial tear 4-6 times a day every day. Use even on days when your eyes feel good. This helps keep the eyes lubricated. You can also use the non-preserved tears as these tend to stay on the eye longer. Avoid products that “get the red out” and OTC allergy drops; these may be counterproductive to dry eyes.

### **3. Lid scrubs and warm compress**

Using a warm or hot compress on the eyelid margins, can help open up tear glands and make better tears. You may also gently wash your eyelid margins with a warm washcloth and diluted baby shampoo.

### **4. Healthy Diet, Healthy Eyes**

Having a diet that is rich in Omega-3 fatty acids may reduce inflammation and enhance tear production in the eyes. Salmon, tuna, herring and other cold water fish are rich in Omega-3s. If you do not like fish, there are many fish oil supplements that are available on the market. Consult your physician and optometrist before beginning a supplement regimen to ensure you won't have any adverse drug interactions.

### **5. Contacts worn properly**

Make sure you dispose of your contacts at the proper time. Also, change out your solution in your contact case every day. You should also use a good name brand solution and avoid generic solutions, as the generic ones can dry your contacts out which in turn, can dry your eyes out. Sometimes switching to a more frequently disposable lens, as a two week or daily disposable lens, may also help dry eyes.

I hope this information has been helpful. If you suffer from really dry eyes, my staff and myself would love to help you out. We offer a complete eye exam and dry eye evaluation, to help come up with a plan to soothe your dry eyes. Hope to see you soon!



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