

How to prevent and treat dry eyes effectively

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Your eyes are often blurred, sore or dry? Dry eyes can be caused by natural aging, the use of drugs, genetic factors, or may be a symptom of diseases such as rheumatoid arthritis and diabetes. Join us to learn how to effectively prevent and treat dry eyes.

Part 1: Treating dry eyes

1. Understand the importance of tears.

Tears not only maintain moisture for the eyes , but also play many other important roles. Tears provide essential electrolytes, antibacterial enzymes and proteins, which help maintain your eyes' health. Rapid tears are covered with eyes, providing moisture and nutrients to the eyes.

Any problems related to the route of the route can cause trouble for your eyes. Although the causes of dry eye are often varied, you can learn some effective treatments.



2. Use artificial tears.

Artificial tears are designed to lubricate when the eyes are dry and moisturize the cornea. Artificial eye drops do not only need to be used to treat dry eyes. Instead, they are used to deal with symptoms of the eye. Some eye drops containing preservatives can irritate your eyes if you use them more than 4 times a day. If you need to use more than 4 times a day, use artificial tears that do not contain preservatives or consult a doctor.

Trial and adjustment is often the only way to find the right artificial tears for your dry eye. In some cases, it is also a combination of many different brands. Artificial tears are often available at pharmacies and are very diverse in brand.



3. Try eye drops.

Hydroxypropyl methylcellulose is the most common eye drops used for dry eyes and then **Carboxy Methylcellulose** used to treat eye irritation. In addition, these two eye drops are also used as eye lubricants and can be easily found in many drugstores. You can also use eye antibiotic eye ointment such as tetracycline, ciprofloxacin or chloramphenicol. These are very effective when used in case of eye swelling.



4. Eye examination.

After using eye drops and prescription eyedrops, severe dry eye conditions, see your doctor immediately. After that, the doctor will determine the cause of your eye dryness, your doctor may suggest a new treatment plan for you.

If your eyes hurt like itching, burning or blurred vision, see an eye doctor.



5. Use eye ointment.

Your doctor may prescribe a prescription with an eye ointment. Unlike artificial tears used to treat dry eye symptoms, ointment is a medicine used to treat root dryness.

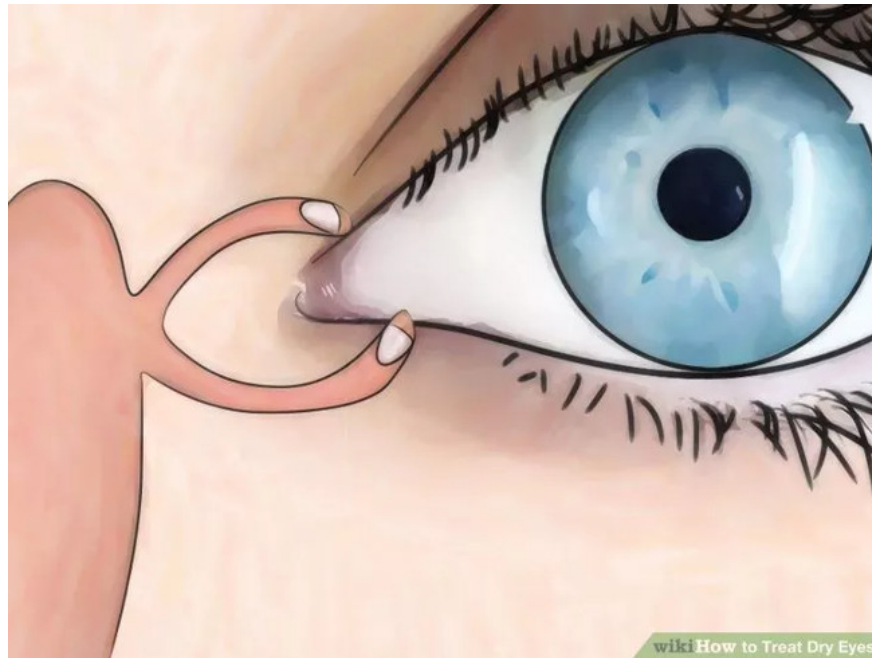
Eye ointment provides a pleasant eye feeling through lubrication. They work when used for longer periods of time, while artificial tears are not used when sleeping.



6. Glandular surgery.

You may need a stronger and longer-term treatment. Your doctor may suggest attaching a plug to your tear duct. These stoppers work to prevent tears from spilling out, so the eyes are always maintained in lubrication.

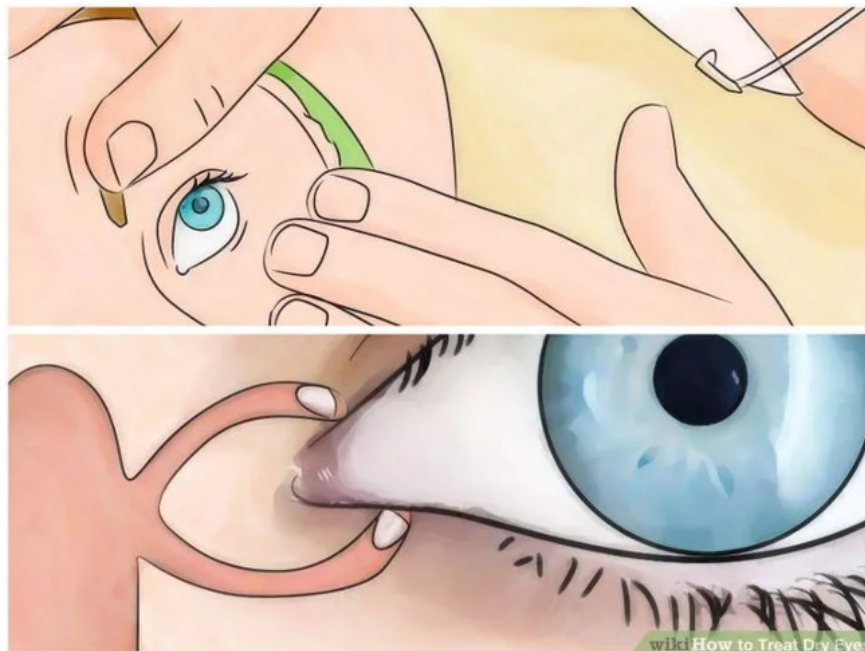
These buttons keep tears as well as artificial tears that you use.



7. Burn the tear line.

If a plug has been attached to the eye, and the eye remains severely dry, the doctor may recommend eye tearing. As soon as the doctor approves this method, the eye specialists will examine and perform the surgery for you.

Understand that your gland can actually heal itself over time. You will need to re-operate or take other treatments. Burning glands is a surgical procedure that can be restored to its original condition.



Part 2: Preventing dry eyes

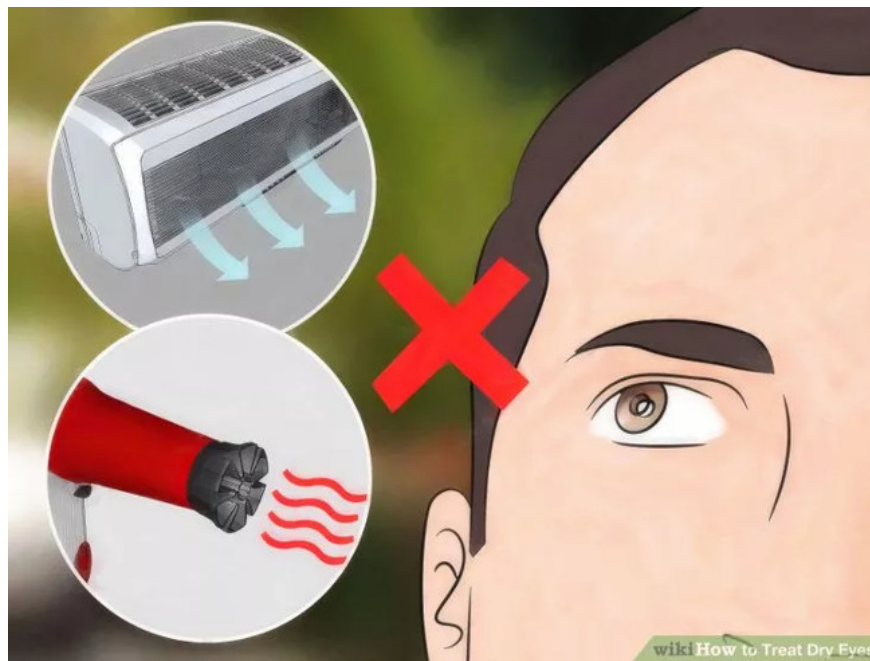
1. Keep your eyes rested when you have to work a lot like reading or working on a computer.

Even when reading, you should rest your eyes. When we stare at a computer screen or a book for a long time, we often blink often.

2. Keep your eyes moist, avoid evaporation.

Eye dryness cannot be completely cured but there are some effective preventive measures for treating dry eyes. Just like any other liquid, tears will evaporate when exposed to air. To keep your eyes moist, you need:

1. Do not expose your eyes to air (like heaters, hair dryers, air conditioners).
2. Keep indoor humidity at 30-50%.
3. Use a humidifier in the winter to get more moisture to dry the air in the room.



3. Wear glasses.

Wear sunglasses when going out in the sun. Wear swimming goggles (goggles) when swimming. You can also get special glasses from your eye doctor. Eyeglasses can keep the eyes moist by forming "moist chambers" for the eyes.



4. Do not irritate the eyes.

Avoid smoking because it can quickly dry up tears and cause many other health problems. Also, avoid rubbing your eyes. Rubbing your eyes can spread germs from your fingers and nails into your eyes.



5. Talk to your doctor about medicines that can cause dry eyes.

Some drugs such as diuretics, antidepressants, beta blockers, and Parkinson's medicines can dry the eyes. If you are taking the above medicines and have dry eyes, you should talk to your primary doctor right away. You may need to change the medicine with fewer side effects.

6. Make sure your contact lenses are right for you.

People who wear contact lenses often suffer from dry eyes, so make sure the glasses are fitted properly, the function and materials of the glasses are suitable for your eyes. You should see an ophthalmologist for instructions on wearing and choosing the right glasses.

7. Provide extra moisture to the eyes.

Use artificial tears, as well as eye drops to moisturize and lubricate the eyes. In addition, you can use ointment, which has a longer effect than eye drops. However, ointments can cause eye irritation and blur your vision. So, you can use eye ointment when sleeping.

Use eye drops before and after performing many eye operations to avoid dry eyes. At the same time, blink frequently so that the cornea is covered with tears or eye drops.

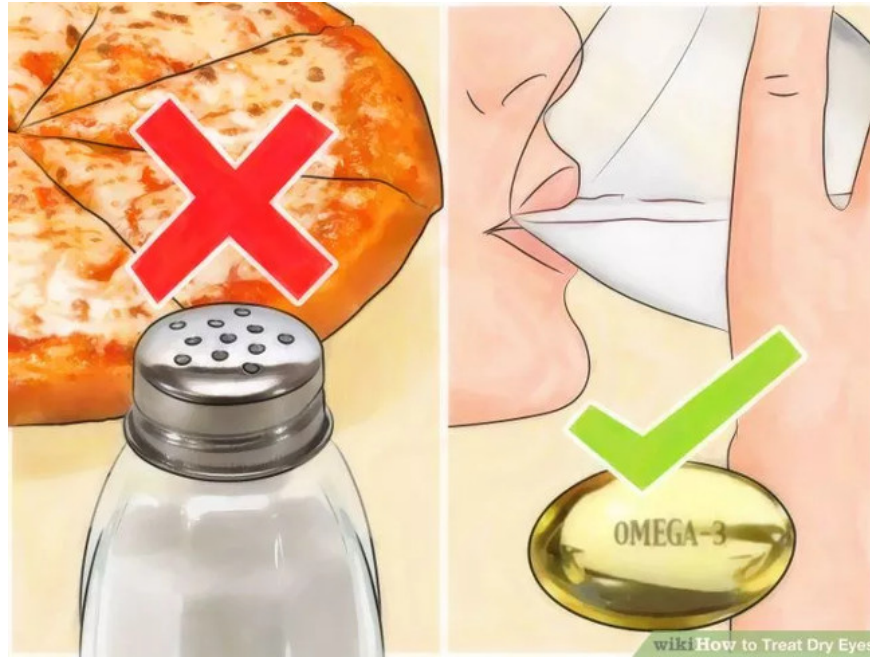


8. Change diet.

Dry eyes can result from having too much salt in food or lack of vitamins . You can test yourself, especially when you wake up at midnight to go to the bathroom. **If your eyes feel dry, drink about 350 ml of water** . If your eyes quickly return to comfort, reduce the amount of salt in your diet and maintain a state of drinking enough water.

Try **increasing the amount of fatty acids in your diet** , especially omega-3, boosting tear production and repelling dry eyes.

Make sure you get enough vitamin A - it can be done by eating lots of plants such as vegetables and fruits. Although vitamin A deficiency is quite rare in Western countries, it can become more severe when accompanied by a lack of fruits and vegetables.



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