



Dry eyes

Mr Kumar has diagnosed you with **dry eyes**. This leaflet explains what it is, why it occurs, and how it can be treated and prevented.

What is dry eyes?

Dry eye syndrome occurs when the eyes do not produce enough tears, or when tears evaporate too quickly. This causes the surface of the eye to become dry and irritated. It is a very common condition and becomes more common with age.

The tear film covering the eye has three layers:

- An oily layer to reduce evaporation
- A watery layer to provide moisture and nutrients
- A mucus layer to help tears spread evenly across the eye

Problems with any of these layers can lead to dry eye symptoms.

What symptoms does it cause?

- Burning or stinging eyes
- Dryness or grittiness
- Watery eyes
- Tired or uncomfortable eyes
- Blurred vision that improves with blinking
- Sensitivity to light
- Sticky discharge around the eyes
- Discomfort wearing contact lenses

Symptoms are often worse later in the day or after long periods of reading, screen use or driving.

Why does it happen?

Dry eye can be caused by several factors, including:

- Ageing
- Menopause and hormonal changes
- Blepharitis or blocked eyelid oil glands
- Contact lens wear
- Long periods using computers or screens
- Air conditioning, heating, wind or smoke
- Certain medications such as antihistamines or antidepressants
- Medical conditions including arthritis, lupus or Sjögren's syndrome

Sometimes watery eyes can occur because irritation triggers reflex tearing.

How is it treated?

Artificial tears and lubricants

- Lubricating eye drops help keep the eye surface moist and comfortable
- Mr Kumar will guide you on how often to use the drops and if you will benefit from ointments or gels or preservative-free formulations

Eyelid hygiene



- Mr Kumar will advise you if blepharitis or blocked oil glands are contributing to your dry eyes
- **Step 1: Warm compress** over your eyelids for 2–5 minutes
- **Step 2: Eyelid massage** towards the eyelashes to unblock the oil glands
- **Step 3: Eyelid cleaning** using sterile eyelid wipes or pads, or with diluted baby shampoo solution

Other measures that can be taken include:

- Taking regular breaks from screens
- Avoiding smoky, windy or air-conditioned environments
- Using a humidifier if indoor air is dry
- Taking a break from contact lenses during flare-up

Additional treatments

Some people may benefit from additional treatment including:

- Punctal plugs
- Antibiotic ointment or drops
- Oral antibiotics for severe or long-term cases associated with skin conditions

Mr Kumar will examine both eyes thoroughly and advise you accordingly.

Dry eye disease occurs when the eyes do not produce enough tears or the tears evaporate too quickly, causing discomfort, redness, burning, grittiness or blurred vision.

Treatment includes regular use of lubricating eye drops, good eyelid hygiene and avoiding environmental triggers.

If you need to make an appointment with Mr Kumar, please get in touch with his team on:

Email: secretaryeyedoctor@gmail.com

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