



“Welcome to the Kiwi owned Optometrists
with a real focus on Service”

Dry Eyes

Dry eyes occur when there are insufficient tears to adequately lubricate the surface of the eye. Common symptoms include burning, stinging, grittiness or foreign body sensation, sore or tired eyes, and red eyes. Dry eyes often lead to vision that is blurry or filmy, and headaches and sensitivity to glare may be experienced. Occasionally the eyes may also water when outdoors in the wind, if the surface is dry, as reflex tears are produced in an effort to keep the surface wet.

Dry eye occurs more commonly with age, in women, and with certain medications and medical conditions. There are a number of things that can be done to improve the situation with dry eye. The first involves the use of lubricants or artificial tears, which aim to replenish and soothe the surface of the eye, and can be purchased without prescription. The second is to look to minimize the environmental factors that worsen dry eye. Conscious blinking may help but is difficult to sustain as it is normally an unconscious activity. Finally, the use of sunglasses is recommended to cut glare and slow down the wind from drying the eye surface when outdoors. We recommend polarised sunglasses for this purpose and a close fitting pair will be best.

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Believe your eyes

