

Got Watery Eyes? You Might Have Dry Eyes!

Do you have excessively watery eyes? You may have Dry Eye Syndrome! I know it sounds contradictory, but it's true.

Dry Eye Syndrome is a common condition that is typically caused by insufficient tear production or poor-quality tears. Tears are essential for maintaining the overall health of the eyes and protecting them from irritants and foreign particles. Those suffering from Dry Eye Syndrome may experience a wide range of uncomfortable symptoms such as burning, stinging, gritty sensation, redness, excessively watery eyes, or even blurred vision or light sensitivity.

Fortunately, there are various treatments and management strategies available to help those with this condition manage their symptoms. The most efficient way is to apply the right eye drops on a personalized schedule based on your condition. While over-the-counter eye drops may help relieve some discomfort when applied, many are not for treating dry eyes, and you will not know how often to apply them for your specific situation. It is best to go to your optometrist for advice if you are symptomatic.

Making simple lifestyle changes can also help alleviate dry eye symptoms. Taking regular breaks when using a computer or other digital devices is important to allow your eyes time to rest and recover. Additionally, avoiding smoking and staying hydrated both aid in reducing symptoms associated with dry eyes. Applying warm compresses to the eyes can help soothe them, while eyelid hygiene with a gentle cleanser

can help reduce inflammation. Additionally, certain nutritional supplements, such as omega-3 fatty acids, have been shown to reduce dry eye symptoms.

If you experience any of the aforementioned symptoms, it is important that you seek professional advice from an experienced optometrist who will be able to offer treatment tailored specifically to your needs. At Chic Eyes, we understand how uncomfortable this condition can be, which is why we provide our patients with personalized management plans and treatments designed to provide long-lasting relief for their symptoms. Give us a call today!



Dr. Wendy Ng,
Optometrist

Chic Eyes