



1335 Linden Blvd. | 2035 Ralph Ave. | 718-332-3030

DRY EYE

Dry eye is a condition where the eyes do not produce enough healthy tears to coat the surface of the eye. The tear film is composed of three layers and each layer has a definite purpose. Healthy tears keep the surface of the eye smooth, wash particles away and prevent evaporation of the tear layer when you go outside. Even if your eye seems to be making a lot of tears it is quite possible that the composition of those tears is not ideal and you can still have “dry eye”

The eye has 2 mechanisms of making tears. One pump makes a constant level of tears throughout the day to keep the surface moist. This is frequently what is not working in “dry eye”. A second pump makes tears when the eye is irritated, or you are upset and crying.

Patients blink during the day to spread the tear film around the whole eye. At night, during sleep, we produce fewer tears. This can sometimes lead to a thick tear layer in the morning when we open our eyes. When you awake with a red eye and a feeling of dirt in the eyes it is frequently because your tear film is dry and needs to be re-charged.

A comprehensive eye examination can detect dry eye and discussions about treatment can follow. At this time, there are two prescription medications available, along with many over-the counter treatments that work nicely. We would be happy to discuss treatment options with you.