



DRY EYE: KNOW THE TYPES. FIND RELIEF.

Dry Eye symptoms occur when the eyes do not produce enough tears or tears evaporate too quickly. Tears help keep the eyes comfortable, clear, and healthy.

Because dry eye can have different causes, proper diagnosis is important for effective treatment.

Treatments may include artificial tears, eyelid hygiene, warm compresses, in-office therapies, and prescription medications.



ORANGEVILLE
519-940-8426

BRAMPTON
289-505-1205

MAIN TYPES OF DRY EYE



EVAPORATIVE DRY EYE (MOST COMMON)

- Is when the oil layer of the tears is not sufficient or working properly, so the tears evaporate too quickly
- **Common causes:** aging, blocked oil glands in the eyelids, inflammation, and too much screen time
- **Symptoms:** fluctuating vision, burning or stinging, redness, and eyes feel tired (especially on screens)



AQUEOUS DEFICIENT DRY EYE

- Is when there is a reduced function of tear glands, so the eyes do not produce enough tears
- Sometimes linked to medical conditions such as Sjögren's
- **Symptoms:** dry, scratchy feeling, redness, and sensitivity to light



MIXED DRY EYE (VERY COMMON)

- Is the combination of Evaporative Dry Eye and Aqueous Deficient Dry Eye
- Treatments often target multiple causes



INFLAMMATORY DRY EYE

- Inflammation on the surface of the eye can make the dry eye worse and harder to treat if it is not addressed
- **Symptoms:** sensitivity, redness, and burning



NERVE-RELATED (NEUROPATHIC) DRY EYE

- Is when the nerves in the eyes are not sending normal signals
- May feel discomfort even if the eyes do not look dry during the exam
- As stated above, dry eye is a complex and chronic condition that requires a thorough assessment to understand root cause & treatment plan that would treat symptoms of dry eyes.

WHAT MAKES DRY EYES WORSE?

- Aging
- Hormonal Changes
- Demodex Mites and Bacteria
- Lifestyle Habits
- Environmental Habits
- Medications

TREATMENTS INCLUDE:



Warm
Compresses



Lid Scrub/
Hygiene



Meibomian
Gland
Expression



Advanced Procedures:

- E-Eye: Intense pulsed light (IPL)
- LipiFlow®: thermal pulsation, or radiofrequency (RF) to unblock glands



Medicated
Drops/
Ointments

At our clinic, we conduct comprehensive dry eye evaluations using the latest technology to determine the cause and treatment plan to relieve our patients from dry eye symptoms.



Call our clinic to schedule your comprehensive dry eye evaluation to help you see more comfortably, clearly, and healthier.

