

Dry Eye Information Leaflet

What is Dry Eye?

Dry eye means that your eyes may not be making enough tears, that the tears which are being produced are of poor quality or that the tears that are produced evaporate away. The normal function of tears is to keep the surface of the eye wet and lubricated so any shortage of tears or reduction in their quality can produce a gritty, burning sensation of the eyes and can also disturb vision.

Symptoms

The symptoms of dry eye syndrome may include:

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| 👁️ Dryness | 👁️ Tired eyes |
| 👁️ Burning, stinging or itching | 👁️ Red eyes |
| 👁️ Gritty feeling | 👁️ Excessive watering |
| 👁️ Irritation from wind or smoke | 👁️ Photophobia (sensitivity to light) |
| 👁️ Blurred or smeary vision | 👁️ Contact lens discomfort |

What are the causes of Dry Eye?

Dry eye can be caused by a wide variety of everyday factors and include:

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| 👁️ Aging | 👁️ Contact lens wear |
| 👁️ Blepharitis | 👁️ LASIK surgery |
| 👁️ Dry environment and pollution | 👁️ Preservatives |
| 👁️ Computer use | |
| 👁️ Hormonal changes, especially in women e.g. menopause | |
| 👁️ Dry eye may also be symptomatic of general health problems or disease e.g. people with arthritis are more prone to dry eye (Sjogren's Syndrome = arthritis + dry eye + dry mouth) | |
| 👁️ Certain types of medications (anti-acne, some beta-blockers, oral contraceptives, antihistamines, diuretics, decongestants, alcohol & anti-depressants...) CAUTION: do not alter or adjust your prescribed medicines without discussing with your Doctor). Your optometrist or Doctor can advise of any known links between medicines and dry eye. | |

How is Dry Eye treated?

In some cases patient's symptoms can be relieved simply by altering the external influences above. Environmental factors can be helped by making simple changes – for example avoidance of dehydrating environments such as air conditioning; if your job involves lots of computer work take regular breaks to rest your eyes. Protecting the eye from dehydrating influences such as a cold wind by wearing spectacles or sunglasses may also help.

Tears must be distributed efficiently, replaced or conserved in order to provide relief. As dry eye syndrome is caused by an imbalance of tears on the eye's surface the most logical way to treat the problem is to artificially replace the tears and by so doing improve both quantity and quality. Even a watery eye can be caused by the tears evaporating. This results in dry patches which the eye tries to correct by a flood of watery tears. Sometimes too much tear flow just needs better lubrication; think of a car engine with water in it, it will be wet but will not be well lubricated. There are a variety of artificial tears available and you will be advised the best option for your particular problem and how to use your treatment.

In severe cases of dry eye punctum plugging is available, where tiny little plugs are put into the tear ducts to prevent the tears draining away.

Hyabak

As natural as tears... The best of both worlds: Sodium Hyaluronate and Preservative-free.



- Preservative Free
- Patient Friendly Bottle
 - Extremely easy to administer drops
 - Handy size to fit in any bag or pocket
- Suitable for regular use
- Economical
 - No wastage
 - Can be used until the very last drop
- Can be used up to 8 weeks after opening
- Suitable for all contact lens wearers
- Every drop provides a sufficient and precise dose
- Optimal water retention – acts as a sponge, retaining water and releasing it progressively
- “Intelligent” drops that flow when you blink and retain a clear surface when your eye is still.

How to use this product:

Dosage:

- 1 drop in each eye during the day as often as necessary.
- In contact lens wearers: a drop on each lens when putting on and removing them, and also as often as necessary during the day.

A number of precautions are essential to ensure effective use of the product:

- Wash hands thoroughly before applying.
- Avoid contact between the tip of the bottle and the eye or eyelids.
- Instil one drop of HYABAK® while gently lightly pulling the lower lid down and looking up.
- The time taken for a drop to appear is longer than with a traditional bottle.
- Close the bottle after every use.
- When putting in contact lenses: instil a drop of HYABAK® in the lens concavity.
- Do not exceed the expiry date clearly marked on the package.

SPECIAL PRECAUTIONS FOR STORAGE:

- To be stored at a temperature below 25°C.
- Do not keep an open bottle for more than 8 weeks.



Customer Services Helpline: 0845 521 1290

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