



Sjögren's India

For Living Well with Sjögren's syndrome

701 Vatsaraj , Opp. Shraddha School , Jodhpur Gam Rd. Ahmedabad 380 015
Tel: 079 26922254 E-mail : kirtidaoza@gmail.com

Tips for managing Dry Eyes

Dry Eyes is one of the hallmark symptoms of Sjögren's syndrome.

Symptoms of dry eyes symptoms include burning and 'sand-in-the eyes' sensation.

Making you feel comfortable is the main goal for managing Dry Eyes!

- Maintain a comfortable ambient temperature by using air conditioners/coolers/heaters. Place an open basin containing water in the room when using air conditioners/heaters to maintain humidity.
- Adequate sleep is important for maintaining comfort of the eyes. If you are not sleeping well, discuss this problem with your primary physician.
- Use the artificial tears even when your eyes feel 'good'. Do not wait until your eyes get uncomfortable.
- Artificial tears vary in two important ways – those containing preservatives and varying in thickness or viscosity of the preparation. You will have to try out different formulations to choose the best preparation for you.
- If you use artificial tears more than four times a day, you must use preservative-free preparations. If your vision gets blurred after using viscous artificial tears you could try a less viscous preparation.
- If you are starting a new brand of artificial tears, use the eye drops every 1-2 hours for at least two weeks before reducing frequency of use. Check if your symptoms worsen on tapering the dose.
- Dryness relieving eye ointments or gels at bedtime may be tried by first applying only to the eyelids and lashes. If that is not helpful, place 1/4 inch of ointment between the lower lid and eyeball. Some people may not find this comfortable because it blurs the vision.
- Please stop using any eye products that make you feel worse unless specifically ordered by your doctor.
- To soothe dry irritated eyes, apply a warm wet compress (gauze/washcloth dipped in tolerably warm water) over closed eyes. You may try this at bed time and upon awakening for five minutes or as often as needed. Used tea bags can also be used instead of compresses.

- Cold compresses help soothe itchy eyes due to allergies. Warm compresses work best for dry eyes.
- Carefully clean your eyelids with warm water. You could use available eyelid cleansers or mild baby shampoo.
- Since dry eyes are a store house of pollutants and allergens, you may need to use anti allergy preparations if you have itchy eyes.
- Wear wrap-around glasses or goggles for better protection when outside.
- If you are uncomfortable in bright sunlight, wear sunglasses or try lenses with a FL-41 filter.
- Keep the upper and lower eyelids free of facial creams at bedtime. Anything applied to the eyelids will get into the tear film and could irritate the eye.

Please make multiple copies of this sheet and give to SS patients.

For more information on Sjögren's syndrome (SS), visit website www.sjogrensindia.org
Contact Sjögren's India on e-mail @ sspatientgroup.india@gmail.com

Become a member of Sjögren's India TODAY!!

Write to us at:

701, Vatsaraj, Opp. Shraddha School, Jodhpur Gam Road, Satellite, Ahmedabad - 380015,
Gujarat, India

Call us on: 079 26922254 or +91 9510170002/ 9429133344

Like Sjögren's India's page on Facebook and keep in touch with other patients.

Sjögren's India thanks the Sjögren's Syndrome Foundation, USA for the development of this sheet