

DRY EYE TREATMENTS:

- flax seed oil: 1000mg by mouth
- fish oil: 1000mg by mouth

tip: freezing the fish oil tablet will help reduce after taste

- less caffeine
- increase water consumption
- Systane eye drops

tip: found at your local pharmacy

- lid scrubs

fact: did you know each eye lash has an oil gland? Lid scrubs keep them clean and free flowing.

- Castor oil: 2 drops at night before bed