

## **DRY EYE TREATMENTS (WITHOUT PRESCRIPTION):**

- Flax Seed oil: 1000mg by mouth daily
- Fish Oil: 1000mg by mouth daily
  - \*Tip: Freezing the Fish Oil tablet/capsule will help reduce after taste
- Cut down on caffeine
- Increase water consumption
- Systane Eye Drops
  - \*Tip: Found at your local pharmacy
- Lid Scrubs
  - \*Fact: Did you know each eyelash has an oil gland? Lid scrubs keep them clean and flowing
- Castor Oil: 2 drops at night right before bed (will cause blurry vision)
- Apply heat to eyes
  - \*Wizard Dry Eye Mask is recommended by Professionals or else heating pads will work as well (use caution with the temperature)
  - \*Fact: Your oil glands can die off and once they do, they quit producing.  
Heat can help melt away any blockages in the glands and keep them from dying

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