

## Are You Using The Correct Eye Drops For Your Dry Eyes?

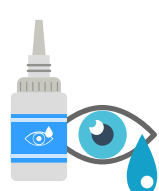


Dry eye happens when tears are unable to keep the surface of the eye wet.

Dry eyes may look normal or mildly red. Some people may also experience eye itch or a sandy, gritty feeling in the eye.

Others may also feel like there is something in the eye.

### 3 Types Of Eye Drops



	Artificial Tears	Anti-allergy Eye Drops	Eye Drops for Red Eye
<b>What it contains? (Key ingredients and function)</b> 	<ul style="list-style-type: none"> <li>Lubricants to keep the surface of your eyes moist.</li> <li>Electrolytes such as sodium and potassium to help heal the surface of your eyes.</li> <li>Guar gum (more often found in oily eye drops) to prevent tears from drying up too quickly.</li> <li>Preservatives (present in multi-dose preparations) to prevent bacterial growth in eye drops.</li> </ul>	<ul style="list-style-type: none"> <li>Anti-histamines to treat symptoms of allergic reaction.</li> <li>Histamines are produced in your body when there is a trigger or contact with an allergen.</li> <li>Histamines cause symptoms such as itch, redness and tearing.</li> </ul>	<ul style="list-style-type: none"> <li>A decongestant or vasoconstrictor.</li> <li>It shrinks the blood vessels on the surface of your eyes, resulting in reduced blood flow to that area, thereby reducing redness.</li> </ul>
<b>When to use them?</b> 	<ul style="list-style-type: none"> <li>When eyes feel dry and uncomfortable.</li> <li>Keep the surface of your eyes nice and moist.</li> </ul>	<ul style="list-style-type: none"> <li>To relieve itchy, watery and red eyes caused by common allergens e.g. pet fur, dust or mould.</li> </ul>	<ul style="list-style-type: none"> <li>To reduce eye redness.</li> <li>Do not use continuously for more than 3 to 5 days. If you need to use this frequently, please consult a healthcare professional.</li> </ul>

Source: WebMD

### ✓ Tips to relieve dry eyes



- Allow your eyes to rest when doing activities that need you to use your eyes for long periods of time.
- Take frequent breaks by closing your eyes for a few minutes.
- Blinking repeatedly for a few seconds can help spread tears in the eyes.
- Use a humidifier in air-conditioned rooms to add moisture to the room so the surrounding air will not be too dry.
- Prevent air from blowing directly at your eyes by lowering fan speeds and by facing the fans or hair dryers away from your eyes.
- Use an eye mask to provide gentle warm compression for mild dry eyes.

Our pharmacy care team can help

Click [here](#) to read more on dry eyes or download a copy of the medication list.

If you have a health condition, do seek advice from your healthcare professionals before using the eye drops.

**ASK ME**  
about your medicines  
I'm a Pharmacist

Do consult a doctor if:

- your eyes are swollen or painful
- there is pus coming out of your eye
- you have other symptoms such as dry mouth
- only one eye is affected
- you feel something is present in your eye even after washing it out

## love + care your eyes

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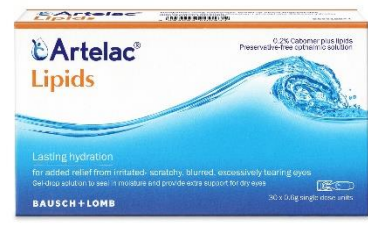
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