



Dry Eye



Overview

With this condition, your tears don't keep your eyes comfortably moist. This happens if your body doesn't make enough tears. It can also happen if your tears are of poor quality.

Causes

What causes dry eye? Well, eyes tend to become drier as you get older. So for many, it's just a natural part of the aging process. Dry eye may be linked to hormone changes or a medication you're taking. It can be caused by smoke, wind and other things in the environment. It happens if you spend a lot of time staring at a computer screen. And, it can be linked to some eye disorders and procedures.

Symptoms

Dry eyes are uncomfortable. They may sting and burn, and they may feel scratchy. They may be red and watery. Mucus may begin to collect in or around your eyes. Dry eyes can affect your vision, too. Your eyes may be sensitive to light, and your vision may be blurry. You may have trouble driving at night. You may have trouble wearing contact lenses. And, your eyes may get tired.

Treatment

Mild dry eye is managed with eyedrops, ointments and other over-the-counter products. If these don't help, you may benefit from prescription medications. Or, you may need a procedure to fix a problem with your eyes. Your doctor will create a care plan that's right for you.