

Over the counter artificial tears are helpful for relief of dry eye symptoms.

Recommended brands of artificial tears are:

Thera Tears * Refresh Optive* Soothe* Systane
Tears Natural* Blink Tears* Gen Teal

Preservative free tears are recommended for patients that need to use artificial tears frequently. These types of tears come in little individual snap off tubes. Once opened they are only good for the day and must be tossed. Bottle artificial tears are fine for occasional use or 1-3 times a day.

Gel tears or Liquigel tears are a thicker tear and are a better choice for bedtime use. Ointment should only be used if your doctor recommends it for you.

Eye drops that claim to “get the red out” are not advised.

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