

DRY EYE CARE

Small daily habits can make your eyes feel better.

Dry eye can cause redness, burning, grittiness, watering, or blurry vision that comes and goes. Regular care helps keep the eye surface comfortable and also optimizes your vision.



Artificial tears

Use 1 drop in each affected eye 4 times daily, or as directed. Choose **preservative-free** drops if you need them more than 4 times daily. Avoid drops marketed to “get the red out.” Wash your hands; do not touch the bottle tip to your eye.



Hot compresses - comfortably hot, never scalding

Place a clean heated eye mask or compress over closed eyelids for **5-10 minutes, once or twice daily**. It should be more than lukewarm, but must not burn. Test it on your wrist first and follow the mask's heating instructions. Rewarm a cloth as needed.



Clean your eyelids gently

If you have crusting or blocked oil glands, gently clean the lash line once daily with an eyelid wipe or cleanser recommended by your eye doctor. Keep cleanser out of your eyes. Do not scrub or press hard.



Blink, take breaks, and avoid dry air

Take regular screen breaks and blink fully. Keep fans and air vents away from your face. A clean humidifier may help. If symptoms persist, ask your eye doctor about prescription drops or other treatments.

AFTER AN EYE INJECTION

Irritation or pain can occur, often from exposure to the Betadine antiseptic, and dry eye may worsen discomfort. Keeping your eyes closed as much as possible and using artificial tears regularly can help. Contact your eye doctor promptly for symptoms including **severe or worsening pain or decreased vision** - especially if symptoms are still significant the next morning.

CHOOSING SUPPLIES

Look for preservative-free artificial tears, a reusable heated eye mask, and eyelid wipes if advised. Equivalent products are available at pharmacies; no specific brand is required.



干眼症护理

每天的小习惯，让眼睛更舒适。

干眼症可能导致眼红、烧灼感、异物感、流泪，或时好时坏的视力模糊。坚持日常护理，有助于保持眼表舒适，并改善视觉质量。



人工泪液

每只患眼每次滴1滴，每天4次，或遵医嘱。如果每天需要使用超过4次，请选择不含防腐剂的人工泪液。避免使用宣传“去红血丝”的眼药水。使用前洗手，不要让瓶口接触眼睛。



热敷：温热舒适，切勿烫伤

将干净的加热眼罩或热敷布放在闭合的眼睑上，每次5-10分钟，每天1-2次。温度应高于微温，但不能烫伤皮肤。先在手腕上试温，并遵循眼罩的加热说明。毛巾冷却后可重新加热。



轻柔清洁眼睑

如果有结痂或睑板腺堵塞，可使用眼科医生推荐的眼睑清洁湿巾或清洁剂，每天轻柔清洁睫毛根部一次。避免清洁剂进入眼睛。不要用力擦洗或按压。



充分眨眼、适时休息，避免干燥气流

使用屏幕时定期休息，并充分眨眼。避免风扇和空调出风口直接吹向面部。保持清洁的加湿器可能有帮助。如果症状持续，请咨询眼科医生是否需要处方眼药水或其他治疗。

眼内注射后

注射后可能出现刺激感或疼痛，常与接触聚维酮碘（Betadine）消毒剂有关；干眼症可能加重不适。尽量闭眼休息，并规律使用人工泪液，有助于缓解症状。如果出现严重或加重的疼痛，或视力下降，请立即联系眼科医生，尤其是第二天早晨症状仍然明显时。

护理用品选择

可选择不含防腐剂的人工泪液、可重复使用的加热眼罩，以及医生建议使用的眼睑清洁湿巾。药店有类似产品，无需指定品牌。

