

Mayo Clinic Medical Edge

Artificial Tears

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THE STINGING, BURNING, SCRATCHINESS OF DRY EYES CAN BE A REAL ANNOYANCE. OFTEN, THE PROBLEM REVOLVES AROUND OUR TEAR PRODUCTION. EITHER WE DON'T MAKE ENOUGH TEARS TO KEEP OUR EYES LUBRICATED, OR THE MAKEUP OF OUR TEARS ISN'T JUST RIGHT. WHEN THAT'S THE CASE...
Sophie Bakri, M.D.	"ARTIFICIAL TEARS CAN BE USED OVER-THE-COUNTER TO REPLACE THE REGULAR TEARS."
	FOR LONG-TERM USE, DR. SOPHIE BAKRI, A MAYO CLINIC OPHTHALMOLOGIST SAYS

	<p>PATIENTS MAY BE BETTER OFF USING PRESERVATIVE-FREE ARTIFICIAL TEARS. HER OTHER ADVICE; USE THEM FREQUENTLY... FOUR OR MORE TIMES A DAY.</p>
Dr. Bakri	<p>“IT’S LIKE A POTTED PLANT—YOU DON’T WANT TO WAIT FOR IT TO DRY OUT BEFORE YOU WATER IT; YOU HAVE TO KEEP IT MOIST ALL THE TIME.”</p>
	<p>AND KEEP IN MIND THAT THINGS LIKE WIND, HEAT, AIR CONDITIONING AND EVEN FRAGRANCES CAN WORSEN DRY EYES. SO BE PREPARED IF YOU’RE OUT ON THOSE CONDITIONS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>