

aura eye center

The At-Home Dry Eye Guide

Simple, Doctor-Recommended Steps
for Daily Relief at Home

Trusted by patients across Austin, TX

8 Pages

5 Solutions

Daily Routine

Expert Tips

You're Not Alone

If your eyes burn, sting, or feel like sandpaper by midday — you are not imagining it. Dry eye is one of the most common and most **undertreated** conditions in the world. The frustrating part? Most people spend years reaching for drops that only mask the problem.

This guide gives you simple, proven steps you can start **today** — no prescription required. Work through it at your own pace. By the end you will have a daily routine that takes under 15 minutes.

Burning & Stinging

Even after drops all day

Eye Fatigue

Exhausted by noon

Gritty Feeling

Like sand behind eyelids

Blurry Vision

Comes and goes

Contact Lens Pain

Can't wear them anymore

Light Sensitivity

Screens and sunlight hurt

The good news: every single symptom above responds to the right home care routine. Let's get started.

What's Actually Causing This?

Dry eye is rarely about *not enough tears*. More often it is about **tear quality** — and the most common culprit is a tiny gland most people have never heard of.

Screen Time

When you stare at screens your blink rate drops by up to 60%. Blinking is how your eyes spread the tear film — less blinking means faster evaporation.

Meibomian Gland Dysfunction (MGD)

Tiny oil glands along your eyelid produce the lipid layer of your tears. When they become blocked — silently and gradually — your tears evaporate too fast. MGD causes up to 86% of all dry eye cases.

Your Environment

Air conditioning, heating vents, fans, wind, and low humidity all accelerate tear evaporation. Many people notice symptoms worsen at the office, on planes, or in winter.

Age & Hormones

Tear production naturally declines with age. Hormonal changes — especially during menopause — significantly affect tear quality. Women are disproportionately affected by dry eye.

5 AT-HOME SOLUTIONS

5 Things That Actually Work



Warm Compress

WHAT TO DO:

Apply a warm compress to closed eyelids for 8-10 minutes every morning. Use a Bruder Moist Heat Eye Mask — holds consistent temperature better than a washcloth.

WHY IT WORKS:

Heat loosens waxy secretions blocking your meibomian glands, allowing them to release healthy oils. Consistent use can



Blink Reset Exercise

WHAT TO DO:

Every hour: close your eyes fully 10 times in a row, squeezing gently each time. Set a phone reminder if needed.

WHY IT WORKS:

Most people do incomplete blinks on screens. Full blinks re-spread the tear film and stimulate meibomian gland secretion.



Hydration & Nutrition

WHAT TO DO:

Drink 8+ glasses of water daily. Add high-quality Omega-3 (see page 6). Reduce alcohol and processed foods.

WHY IT WORKS:

Omega-3s improve the oil quality of your tears from the inside out. Even mild dehydration noticeably reduces tear volume.



20-20-20 Screen Rule

WHAT TO DO:

Every 20 minutes of screen time, look at something 20 feet away for 20 seconds. Combine with your blink exercise.

WHY IT WORKS:

Reduces eye strain and muscle fatigue. Creates a natural blink rhythm that significantly reduces end-of-day dryness.



Lid Hygiene

WHAT TO DO:

Each night apply a warm compress for 5 min, then gently clean your eyelid margins with Ocusoft lid scrub wipes or diluted baby shampoo.

WHY IT WORKS:

Removes debris and stagnant oils from the lid margin. Reduces inflammation around gland openings and maintains long-term

YOUR DAILY ROUTINE

Simple. Consistent. Effective.

Consistency beats intensity every time. Just **5 minutes in the morning** and **2 minutes at night** is all it takes to see real improvement within 2-4 weeks.

Morning

Warm compress 8-10 min

Blink reset x10

Take your Omega-3

Midday

20-20-20 break

Blink reset exercise

Glass of water

Night

Warm compress 5 min

Lid hygiene cleanse

No screens 30 min

Weekly Extras

Mon & Thu

Extended warm compress (12 min) + gentle lid massage

Any day

Take Omega-3 with your largest meal for best absorption

Weekend

Track your symptoms in a notes app — progress is motivating

The Missing Piece Most Patients Overlook

If there is one supplement with the strongest clinical evidence for dry eye, it's **Omega-3 fatty acids**. And most people either skip it entirely or buy a low-quality brand that doesn't work.

Supports tear stability	Helps the oil layer hold tears in place longer — reduces evaporation
Reduces inflammation	Anti-inflammatory properties calm the irritated ocular surface
Improves gland secretion	Better quality oils from meibomian glands means lasting comfort
Systemic health bonus	Heart, brain, and joint benefits alongside your eye health

Not all Omega-3s are equal. Many store-brand fish oil capsules are low-dose, poorly purified, or oxidized — meaning little to no benefit. Look for: third-party tested, triglyceride form (not ethyl ester), and at least 1000mg EPA+DHA per serving.

MacuHealth TG Omega-3
1100mg DHA + 1100mg EPA | 120 Softgels
Triglyceride form | Gluten-free | Third-party tested
★★★★★ Doctor-selected for eye health

dryeyerescue.com -> [Shop Now](#)

Our Recommended Omega-3

Available at: dryeyerescue.com — search MacuHealth TG Omega-3

When Home Care Isn't Enough

Home care is powerful — but it has limits. Some dry eye involves structural gland damage, corneal changes, or inflammation that require professional diagnosis and treatment.

See a specialist if you experience:

No improvement after 3-4 weeks of consistent home care

Eye pain — not just discomfort, especially if sudden

Vision changes that do not clear with blinking

Redness that persists or gets worse over time

Light sensitivity that interferes with daily activities

Discharge or crusting around eyelids in the morning

You have been told to just use drops and they are not helping

What Advanced Treatment Can Do

Meibomian Gland Expression

In-office clearing of blocked glands — often provides immediate relief

Prescription Drops

Restasis, Xiidra, or Cequa target the inflammation cycle directly

Tear Film Analysis

Clinic-grade testing identifies your exact tear composition

Scleral Lens Fitting

For severe cases — creates a continuous fluid reservoir over the eye

Take the Free Dry Eye Quiz

Find out your severity score and get a personalized plan in under 2 minutes. Completely free.

auraeyecenter.com/dry-eye-quiz

Or call (512) 885-2134 | \$75 assessment applied toward treatment

Aura Eye Center

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(512) 885-2134

Call or text to schedule

auraeyecenter.com

Book online anytime

Limited assessment spots available each week — we keep our schedule small so every patient gets real time and attention.

This guide is for informational purposes only and does not constitute medical advice. Always consult a qualified eye care professional regarding your specific condition.