

DO YOU SUFFER FROM DRY EYES?

A Breakthrough in treatment for dry eyes is now in stock at Ringlands Optics.

The MGDRx eye bag is a natural treatment designed by a leading UK Ophthalmologist.

Debra Watts, owner of Ringlands Optics, says that Dry eyes can be caused by Meibomian Blepharitis (MB). The tiny meibomian glands in the eyelids lie just behind the eyelashes. You have about 25-30 glands on each upper and lower eyelid. They make a small amount of oily fluid which comes out on the inside of the eyelids next to the eye. This oily fluid forms the outer layer of the tear film which lubricates the front of the eye. People with MB are thought to have a slight problem with their meibomian glands and the fluid they produce. This may lead to eyelid inflammation and dry eyes, as the fluid they make may not be adequate to lubricate the eye.

A traditional treatment is to press on the eyelids gently with a flannel soaked in very warm water for 5-10 minutes but "Hot Flannel" treatments don't stay hot enough, long enough to work. The MGD rx eyebag is a compress mask that is heated in a microwave and placed over the eyes for 10 minutes. it retains its heat and allows the oily secretions made by the meibomian glands to flow more freely, as warmth makes oils more runny, thus helping to unplug any blocked glands.

Massaging the eyelids immediately after applying the warmth, helps to push out the oily fluid from the tiny glands.

