

TREATMENTS

Dry eye is a complex condition and we offer a range of treatment protocols to manage your symptoms, some of which are here:

- Anti-inflammatory eye drops
- Medical grade Manuka honey eye drops and gel
- Tea tree oil based wipes and eyelid preparations
- The use of heated eye masks
- Omega 3 supplementation
- Low dose antibiotic (doxycycline/azithromycin)
- Dry eye goggles
- Treatment for ocular allergy
- Compounded hormone therapy
- Blink training
- Punctal plugs
- Cyclosporin eye drops (Restasis)
- Xiidra - about to be released in Australia
- IPL (intense Pulsed Light)
- Red and Blue light LED photomodulation

You do not need a referral to see us, but we do like to communicate our findings with relevant people involved in your health care.

For more information please visit our website:
www.alleveeyeclinik.com.au

MORE INFORMATION

Medicare will rebate approximately 50% of consult fees for eligible card holders and we process this on the day of your appointment. You may pay from any account (including AMEX) but your rebate can only be made directly to a cheque/savings/debit account (card needed). Currently health funds are not able to contribute to any of the diagnostic tests that we do. As this is a chronic condition, several consultations over a few months are often required to achieve best management. Ongoing maintenance visits are recommended.

Day	Hours
Monday	CLOSED
Tuesday	9:30am - 5:30pm
Wednesday	OPENING SOON
Thursday	8:30am - 5:30pm
Friday	9:30am - 5:00pm
Saturday	CLOSED
Sunday	Closed

For product purchases we recommend calling the clinic before dropping in as we do occasionally close for training and holidays. We also post items.

ALLEVE EYE CLINIC

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DRY EYE AND YOU



ALLEVE EYE CLINIC

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ABOUT DRY EYE

DRY EYE is the name given to a range of uncomfortable or painful symptoms, some of which include watery eyes (confusing, yes!).

Dry eye occurs when the eye does not produce tears properly (in 20% of sufferers) or the tears do not have the right balance of oil and water and evaporate too quickly (80% of sufferers).

SYMPTOMS CAN INCLUDE

- **Sore, tired, heavy eyes**
- **Feeling like there is grit or something in your eye**
- **Stinging or burning sensation**
- **Watering of the eye/s (occasionally or all the time), especially for no reason**
- **Blurred vision and/or eye fatigue**
- **Redness and discomfort**

WHO IS AFFECTED BY DRY EYE?

Anyone at just about any age can suffer with dry eye and anywhere up to 35% of the population do, but some people are more at risk than others.

THESE MAY INCLUDE:

- People who work in air conditioned environments and use computers and devices for long periods of time
- Women - especially at a peri/post menopausal age, and during pregnancy
- Those with auto-immune disease such as rheumatoid arthritis, Lupus, Diabetes and Sjogrens Syndrome
- People with nutritional deficiencies, particularly in Omega 3, Vit D and magnesium
- Contact lens wearers
- Medications - including anti-depressants, blood pressure and reflux medications
- Allergy sufferers - and those taking anti-histamines
- Males of Asian descent

WHAT CAN WE DO FOR DRY EYE?

A LOT! And it is no longer just about finding an eye drop that 'works'. Dry eye is a complex disorder and can affect people differently. When the tears are not doing their job properly, you could experience mild to severe discomfort. If left untreated, damage can occur to the cells on the eye surface, creating inflammation and driving the condition to become worse over time.

We take a very holistic approach to treating your symptoms. A comprehensive history helps determine 'why' you have dry eye, and an examination of the ocular surface determines what we need to do to make the best management plan for you, based on specific diagnostic tests to really understand what is going on with your eyes.

If you have any questions or concerns prior to booking an appointment with us feel free to call on 08 7225 9798 and we will be happy to discuss this with you.