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EYE CARE

OVER-THE-COUNTER MEDICATIONS FOR EYE CARE

If you have dry eyes or itchy eyes, there are a number of over-the-counter (OTC) products to choose from. Most are inexpensive and provide fast relief. However, If you have a chronic problem, it's best to see your ophthalmologist first so that more serious eye conditions can be ruled out.

Below is a list of some over-the-counter medications to boost your eye care regimen:

- Dry Eye Drops Dry eye relief drops lubricate and moisturize the eyes to reduce symptoms. They work best for dry eye caused by wind, smoke, medications, reduced tear production, or staring at a computer screen all day.
- Red Eye Drops The purpose of red eye drops is to reduce redness in the eyes. However, these drops are only intended to be used on an as-needed and short-term basis.
- Itchy Eyes From Allergies Allergy eye drops usually contain an antihistamine and a decongestant to reduce redness, irritation, and itchiness. The drops are most effective at controlling symptoms from pet dander, pollen, and dust. Because some drops contain decongestants, you must exercise caution when using them.
- Eye Wash For Irritated Eyes Eye wash solution removes foreign particles, such as air pollutants and pollen, from the eyes. The product is safe for most people and helps control symptoms like irritation, stinging, and itching. For those who have allergies or eye irritation, eye wash can be used daily to prevent the need for medicated eye drops.
- Eye Vitamins If you are at risk for eye disease, your ophthalmologist may recommend taking a supplement to support the optic nerve. There are many vitamins and supplements sold OTC, so talk to your doctor to find out what ingredients are most important. Some vitamin blends reduce inner eye pressure while others support sharper vision.



To keep your teeth healthy, it is important to remove dental plaque, a sticky, colourless film of bacteria. Plaque buildup can cause tooth decay and gum disease. Flosser Picks, 90 Count, or Angled, Flosser Picks, 75 Count, Mint Flavour Toothpaste, 70 mL



Antiseptic Mouthwash, Total Care for Sensitive Teeth, or Fresh Burst, 250 ML



Speak to your medical professional or pharmacist for more information.

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