Discussion Guide

When you talk to your eye doctor, don't forget to ask about any dry eye symptoms you've been experiencing. If you remember beforehand, it might help to take notes when your eyes aren't feeling quite right so you can give examples. Some additional questions to ask could be:

- What is causing my eyes to feel this way?
- Do you have any suggestions for finding relief?
- Which over-the-counter eye drops could help me?
- Are there any risks if I wait it out and don't do anything?

