

VISION SOURCE

Mandan



Brittany G. Schauer, OD

Q: Is it safe to use Visine eye drops every day?

A: No, I do not recommend that anyone use Visine eye drops on a daily basis. The main ingredient in Visine is a vasoconstrictor that will “get the red out” of the white part of your eye. However, long-term use of Visine can lead to rebound redness, increased intraocular pressure (raises risk of glaucoma), blurry vision, dilated pupils, and can damage the epithelial cells on the clear part of your eye.

While it is okay to use Visine once in a while for special events, such as a wedding, to make sure your eyes look white and bright, I do not recommend it be used every day. A better solution to combat dry eyes and redness is to use an artificial tear (lubricating eye drop). These drops typically are safe to use several times per day. If you have chronic issues with dry eyes, red eyes, or itchy eyes, you should consult with your eye doctor to arrange the best long-term treatment strategy.

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