

**Open for details:**

**How wearing a mask can cause irritation and dryness in your eyes.**



**Contact us:**

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<https://www.westernuhealth.com/services/eye/>

Front page mask picture reference:  
<https://pixabay.com/photos/mask-surgical-mask-virus-protection-4898571/>



# Mask-Associated Dry Eye (MADE)

INFORMATION PROVIDED BY  
EYE CARE INSTITUTE



**Western University**  
OF HEALTH SCIENCES

Eye Care Institute

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## What is MADE ?

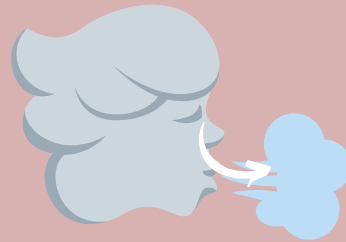
- A face-mask is important in the fight against COVID-19.
- A mask reduces air flow out of mouth or nose and directing it above the cheeks and over the eyes (fogging of glasses).
- This leads to increased tear-film evaporation and dry spots.
- Resulting in discomfort, redness and dry eye also known as "MADE" which needs to be evaluated and treated by an Eye Care Professional.

## Symptoms of MADE :

- Increased discomfort.
- Increased redness in eyes.
- Reduced contact lens comfort.
- Unable to work long hours on computer.
- Irritation and tearing of eyes.

## How to prevent MADE :

- Wear mask properly with correct size.
- Tape top edge of mask for prolonged wears.
- Take frequent breaks while on your computer or other digital devices.
- Lubricating eye drops may help, consult your eye care provider for their recommendation.



Without a mask, air  
is freely breathed  
outwards but...

When wearing a  
mask, air is pushed  
up to our eyes  
often causing more  
dryness



**PLEASE CONTINUE TO WEAR  
MASKS ABOVE THE NOSE FOR  
PROTECTION**

## How do I know if I may have MADE ?

- If your glasses are fogging-up with mask.
- If you experience dry-warm puff of air over your eyes.
- If you rub your eyes for temporary relief.
- If your eyes are red and irritated when wearing a mask.

## Proper mask wearing to reduce MADE:

- When wearing mask with glasses: make sure top edge of mask follows contours of your nose and cheeks.
- Tape top edge of mask for prolonged wears.
- Don't wear loose, large, and poorly fitting mask, it may increase chances of MADE.

## Who should I consult ?

- Eye Care Institute.
- Your Eye Care provider.

### References:

<https://eyewire.news/articles/core-alerts-practitioners-to-mask-associated-dry-eye-made/>  
<https://core.uwaterloo.ca/covid-19/>