

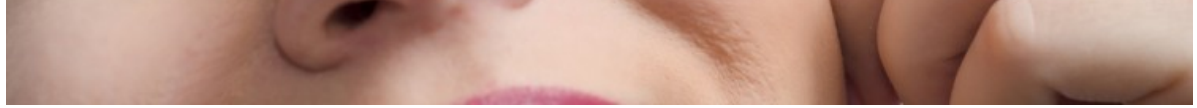


MAY 23, 2018

## Sandy asked

I saw a new product for eye redness called Lumify and it looks similar to Visine. Are they any different and is the extra cost for Lumify worth it?

**Answer**



Lumify and Visine eye drops are both available over the counter to relieve red eyes. While Visine has been on the market for years, Lumify was just recently approved by the [FDA in December of 2017](#). However, the active ingredient in Lumify, brimonidine, has been available in prescription products such as Alphagan-P eye drops for some time. Below, we discuss the similarities and differences between Lumify and Visine.

## Active Ingredients

- The active ingredient in Visine is **tetrahydrozoline**.
- The active ingredient in Lumify is **brimonidine**.

Both tetrahydrozoline and brimonidine are classified as  [\$\alpha\_2\$  adrenergic agonists](#). They work to reduce eye redness mainly by causing vasoconstriction of the blood vessels in the eye. This creates temporary relief from tissue congestion, which is why Visine and Lumify are sometimes classified as ocular decongestants. They may also work by lowering the production of norepinephrine, which decreases blood flow.

Between tetrahydrozoline (Visine) and brimonidine (Lumify), **brimonidine** is considered a "**second generation  $\alpha_2$  adrenergic agonist**" and is **more selective** for adrenergic receptors. The clinical significance of this is not well known **but**, brimonidine (Lumify) is thought to have **fewer side effects** than tetrahydrozoline including a **lower risk** of rebound redness or tolerance, also known as tachyphylaxis, a common problem with eye decongestants.

## Dosing

The dosing for Visine and Lumify are similar. Both are labeled to be used **up to four times daily**. However, brimonidine (Lumify) is [thought](#) to last **longer per dose** than tetrahydrozoline (Visine). Each dose of Lumify should last between 6 to 8 hours while each dose of Visine should last between 4 and 6

- Visine costs between \$3 to \$4, depending on location and retailer. The most common bottle size is 15 mL.

## Summary Of Differences Between Lumify And Visine

- **Visine** contains **tetrahydrozoline**, a "first-generation"  $\alpha_2$  adrenergic agonist.
- **Lumify** contains **brimonidine**, a "second-generation"  $\alpha_2$  adrenergic agonist.
- **Brimonidine (Lumify)** is considered more selective for  $\alpha_2$  adrenergic receptors.
- **Tetrahydrozoline (Visine)** lasts between 4 and 6 hours per dose while **Brimonidine (Lumify)** lasts between 6 and 8 hours per dose.
- **Brimonidine (Lumify)** may have a **lower** incidence of rebound eye redness and tolerance than **Tetrahydrozoline (Visine)**.
- **Lumify** is more expensive ( ~ \$19-26 ) than Visine ( ~ \$3-4 ) and comes in a smaller bottle.



### Dr. Brian Staiger Pharm.D

Dr. Brian Staiger is a licensed pharmacist in New York State and the founder of the Q+A website PharmacistAnswers.com. He graduated from the University At Buffalo with a Doctor of Pharmacy degree in 2010.

He has been featured in numerous publications including the Huffington Post as well as a variety of health and pharmacy-related blogs.

Please feel free to reach out to him directly if you have any inquiries or want to connect! He's answered thousands of medication and pharmacy-related questions and he's ready to answer yours!

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