

Dry Eye / Blepharitis Treatment

OVER THE COUNTER

Artificial Tears

Use regularly, not just when your eyes are symptomatic. Preservative Free products are preferred over non - preserved. Use without contact lens. Can be found at local pharmacy and online as well.

Brands	Standard	Combo	Lipid based	Preservative free	Thicker	Ointment	Directions
Systane	Ultra	Complete	Balance	Vials	Gel	Nighttime	_____ x per day
Refresh	Optive or Repair		Optive Advance	Vials	Gel	PM	
Retaine	HPMC		MGD	Vials		PM	
Soothe	Hydration		XP			Night time	
Gentleal	Drops				Gel	Eye ointment	
Blink	Tears				Gel		
Thera Tears	Dry eye relief				Gel		
Oasis	Tears			Vials			
Nano Tears	*Purchase online			Vials			
FreshKote	*Purchase online						

Eyelid Hygiene

Hot Compress

Heat in microwave for 20 seconds. Place over eyes for 3 - 5 minutes. This should be followed by digital massage of eyelid with fingers (to express glands).

	Right Eye	Left Eye	Both Eyes	
Thermalon Mask / Bruder Mask				_____ x per day for _____ minutes
Rice in sock / warm washcloth				

Eyelid Cleaners

Target area at base of eyelashes and lid border. Choose any one of the following cleaning products. Can purchase in individual packets or bottle pump. Foaming pump can be used when showering or bathing . Can be applied with clean washcloth or with clean fingers.

	Right Eye	Left Eye	Both Eyes	
Ocusoft (Plus / Platinum)				_____ x per day for _____ minutes
Systane lid wipes				
Thera Tears SteriLid				
Blink lid wipes				
Cliradex				
Cetaphil/Cerave				
Eye Eco Foam				
Ocusoft HypoChlor [Purchase Online]				Spray to lash line and allow to dry ____ X day after cleaning

Dietary Supplements (by mouth)

Use caution if taking blood thinners, consult primary care physician. Enteric coated pills are the best to prevent fish burps

Hydroeye	1000 mg _____ x per day
Nordic Naturals	_____ x per day
Thera Tears eye nutrition	
Omega PRN	
Flaxseed Oil	

PRESCRIPTION MEDICATIONS

	Right Eye	Left Eye	Both Eyes	Directions
Lotemax gel				_____ x per day
FML				
Restasis/Xiidra				
Other:				
Avenova				Spray to lash line and allow to dry ____ X day after cleaning

Topical Medication

Azasite	_____ x per day
---------	-----------------

Oral Medication

Z-Pak (Azithromycin)	Take as directed on package
Doxycycline (20 / 50 / 100 mg)	_____ pill _____ x per day for _____ month(s)

IN OFFICE PROCEDURE

iLux Dry Eye Treatment	See attached copy for details.
------------------------	--------------------------------