



DRY EYE TREATMENT GUIDE

STAGE ONE: BASIC AT-HOME CARE

- Artificial Tear Drops**
DIRECTIONS: apply eye drops **3x per day**
- Lid Hygiene**
DIRECTIONS: **1-2x per day** - morning & night, clean the eyelids by applying the product to a cotton pad, clean finger, or spray directly over a closed eye. Wipe the base of the upper and lower lashes in a horizontal motion.
- Warm Compress**
DIRECTIONS: **1-2x per day** - heat the mask in a microwave for about 20 seconds. Place over lids for about 10 minutes. Remove the mask and massage the lids lightly with your finger in order to express the meibomian glands.
- Nutritional Omega 3**
DIRECTIONS: A daily dose of 160 mg EPA/ 560 mg DGA (3:1 ratio of EPA/DHA) aids in dry eye relief. Please consult with your internist prior to starting any supplements.
- Other**
Refresh Celluvisc / Retaine PM / Refresh PM / Refresh Gel

PRODUCT RECOMMENDATIONS:

- Optase** (Milan Eye Center)
- Retaine MGD** (Publix)
- Refresh Optive Mega 3** (Publix)
- FreshKote** (Amazon)
- Optase** (Milan Eye Center)
- OCuSOFT** (Publix)
- Cliradex Light Foam** (Amazon)
- Avenova Spray** (Amazon)
- Optase** (Milan Eye Center)
- Thermalon** (Amazon)
- Omega PRN** (Amazon)
- HydroEye**

STAGE TWO: PRESCRIPTIONS/IN-OFFICE PROCEDURES

- Prescription Eye Drops**
DIRECTIONS: Use **2x per day**
- Topical Medications**
DIRECTIONS: Use **1x per day for 1 week**
- Punctal Plugs**
- iLux Therapy**
- Broadband Light (BBL) Therapy**
- Doxycycline [50 mg or 100 md]**
DIRECTIONS: **2x per day for 10 days** -or- **Use 1x per day for 1-3 months**
NOTE: Make sure to use UV skin protection outdoors. Do not take while pregnant or nursing. Doxycycline has been known to make birth control ineffective.

- Xiidra**
- Restasis**
- Cequa**
- Klarity - C**
- Lotemax**
- FML**
- Eysuvis**

STAGE THREE: ADVANCE TREATMENT OPTIONS

- Autologous Serum Tears**
- Amniotic Membrane Tissue Placement**