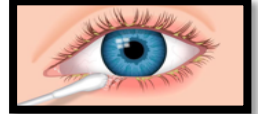


GENERAL TIPS FOR HOME TREATMENT OF DRY/ALLERGY EYES

EYELID HYGIENE/LID SCRUBS (DRY EYE, ALLERGY, ROSACEA RELIEF)



SENSITIVE SKIN BAR SOAP OR OCUSOFT FOAM:

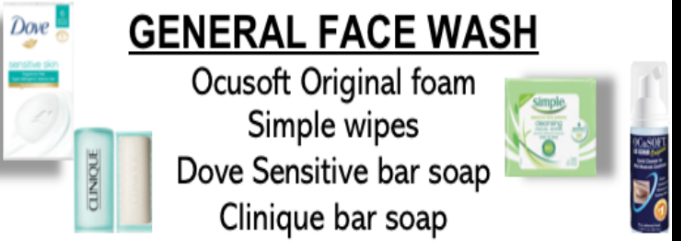
- ✓ Dilute on a wet washcloth/cotton pad (or clean fingertips)
- ✓ Scrub lids/lashes and face
- ✓ Rinse thoroughly with water

USING NO RINSE WIPES:

- ✓ Unfold a pre-moistened pad & wrap around fingertip
- ✓ Wipe back & forth along upper & lower lash margins
- ✓ Leave on for antibacterial/anti-allergy benefit

GENERAL FACE WASH

Ocusoft Original foam
Simple wipes
Dove Sensitive bar soap
Clinique bar soap



EYELID WIPES

(No Rinse)

Ocusoft Plus Wipes
Ocusoft Allergy Tea Tree Wipes
Oust Extra Strength Wipes
Ocusoft Baby (large/soft) Wipes



Tip to save on Wipes
*Cut in 1/2, store 1/2 in packet
*Use 1 side per eye
*Dispose after use

Anti-Fungal Face/Eyelid soap Acne/Rosacea/Blepharitis

Vanicream Z-Bar
Clinique Acne Bar



Wash face & Eyelids Daily

*Vanicream & Clinique Acne bar are great to reduce excess oil & bacteria/fungus that can build up on skin/eyelid margins

- **FOR ALLERGIES: SHOWER EVERY EVENING & WASH HAIR/FACE**
 - Hypo-allergenic laundry soap, sleep with clean clothes/sheets
- **FOR DRY EYES, ROSACEA, & ALLERGIES:**
 - "EYELID SCRUBS" NIGHTLY (AND MORNING IF NEEDED)
 - Use Oil free cleanser OR No Rinse extra strength Lid Scrubs
 - Removes allergens, oils, & irritants
 - Non-waterproof eye makeup & oil free remover (if applicable)

WARM COMPRESSES (DRY EYE RELIEF)

→ FAST METHOD- Shower/Sink Warm Washcloth

- Use a **CLEAN** washcloth – soak in warm (not hot) water
- In the **shower** or over the **sink**
 - Place the washcloth over your eyes. Reheat & reapply for **3-5 minutes**
 - Stand under water with **washcloth** over eyes



Hot or Cold Therapy
Relief of Dry Eye, Sinus pressure, Itching, Redness, & Swelling

→ MOST EFFECTIVE METHOD- Moist Heat Mask

- Use a **microwaveable dry eye mask** designed for moist heat
- Heat for 20-30 seconds (comfortably warm- not too hot)
 - **Dry Eye Moist Heat Compress**- \$20 AT OUR OFFICE
 - **Homemade warm compress**- fill a clean sock with rice
 - **Regular heating pad on top of a wet washcloth** (moist heat is best)
- Leave on for **10-15 minutes** for best results (you can massage over the mask)



BEDTIME TIP: Heat a compress **mask** & leave on when you fall asleep (protects from night dryness)

COOL COMPRESSES (ALLERGY/ROSACEA RELIEF)

DRY EYE MASK- PLACE IN FREEZER

WET WASHCLOTH- SOAK IN COLD WATER

SINUS GEL MASK- STORE IN REFRIGERATOR

→ APPLY Cool Compress for 3-10 minutes

→ Repeat 1-2 x a day if needed

GENERAL TIPS FOR HOME TREATMENT OF DRY/ALLERGY EYES

DROPS FOR DRY EYES

OTC ARTIFICIAL TEARS (preservative free, quality brand)



- Blink Tears
- Refresh Plus or Optive
- Systane/Theratears

Rinse eyes 1-2 x a day
morning & evening (to dilute allergens & mucus in tears)

DR. STRENGTH LUBRICANT (sold at Dr. office)



- Retaine MGD (mimics oil layer)
- Oasis Plus (long-lasting)

Instill 1-2 drops in each eye
as often as needed for moderate to severe dry eyes

- 💧 Preservative-free
- 💧 Superior moistening, lubrication & comfort
- 💧 Instant relief of symptoms

- 💧 Long-lasting, fewer applications required
- 💧 No blurred vision or foreign body sensation
- 💧 Disposable containers with twist off cap

GELS/OINTMENTS (for night-time dryness)



- Oasis Plus
- Systane or Genteal Gel
- Retaine PM ointment

Instill at bedtime
(+ optional sleep mask to protect overnight drying)

DROPS FOR EYE ALLERGIES

Over-The-Counter (OTC) ALLERGY DROPS



- OTC Alaway or Zaditor (Generic KETOTIFEN)
- OTC Pataday- used to be RX but went OTC
 - ➔ "Once daily" lasts 18-20 hrs, "Twice daily" lasts 12 hrs/dose

Instill 1 drop in each eye 1-2 x a day
Antihistamine drops for Itchy, allergy eyes



PRESCRIPTION (RX) DROPS

Schedule an appt for dry eye or allergy eval *(if needed)*

- Bepreve, Pazeo, Olopatadine (Rx antihistamine drops)
- Restasis, Xiidra, or Lotemax (Rx anti-inflammatory drops)

REDNESS RELIEVER (no Visine or Clear eyes)

- OTC Lumify
 - ➔ After treating underlying causes of redness, this may be approved for cosmetic relief
- ~~NO Visine or Clear Eyes~~
 - ➔ Vasoconstrictors cause "rebound redness" & worsening of dry eyes, not recommended

If approved - 1 x a day
As needed for redness*

