

# 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



### 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)

### EYELID WIPES

#### (No Rinse)

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



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

- Vanicream Z-Bar
- Clinique Acne Bar



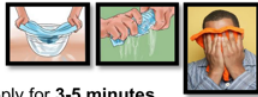
#### Tip to save on Wipes

- \*Cut in 1/2, store 1/2 in packet
- \*Use 1 side per eye, dispose after use

## 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



### → 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)

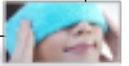
## COOL COMPRESSES (ALLERGY/ROSACEA RELIEF)

### 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



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

## 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)

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

- 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

