

ALLERGY EYE CARE RECOMMENDATIONS



FACE & EYELID HYGIENE

Itchy eyes? The problem might be your **EYELIDS**. **EYELASHES** trap allergens, dust, debris. Oil, sweat, & allergens build up on **LID MARGINS**

ALLERGY EYELID HYGIENE

- **SHOWER EVERY EVENING & WASH HAIR/FACE** *with hypoallergenic cleanser*
 - Wash allergens from hair, eyelashes, skin
 - Sleep in clean clothes & wash pillow case frequently
- **CLEANSE LIDS/LASHES NIGHTLY**
General eyelid cleanser or No Rinse extra strength Allergy Lid Scrubs
 - Removes allergens & irritants
 - Relieves itching, irritation
 - Repeat in the morning if needed

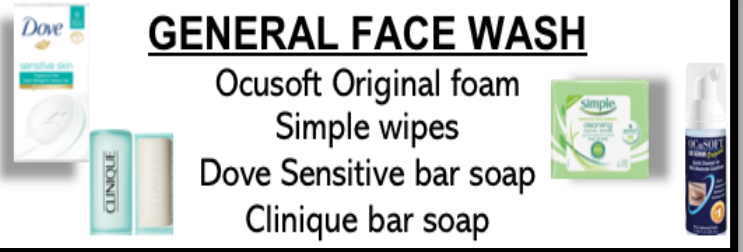
AVOID THIS NEAR THE EYES:

- ➔ Oily based-clog & damage eyelid glands & leave a residue
- ➔ Alcohol- strips the natural oils
- ➔ Parabens, Benzenes, Phthalates- disrupts hormones
- ➔ Fragrances & Synthetic colors "FD&C or D&C"
- ➔ Sodium lauryl (laureth) sulfate (SLS)- foaming agent
- ➔ Propylene glycol- conditioning agent

These are skin & eye irritants, allergens, & may be carcinogenic
PARABEN FREE, SULFATE FREE, OIL FREE, FREE OF FRAGRANCE/DYES

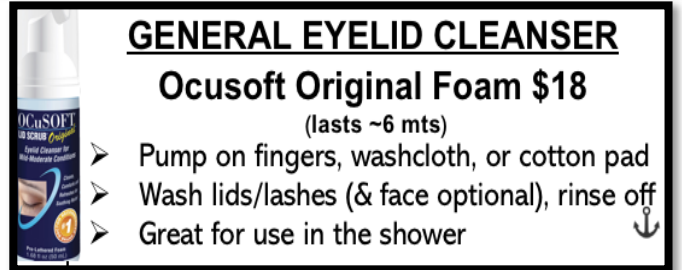


GENERAL FACE WASH



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

GENERAL EYELID CLEANSER



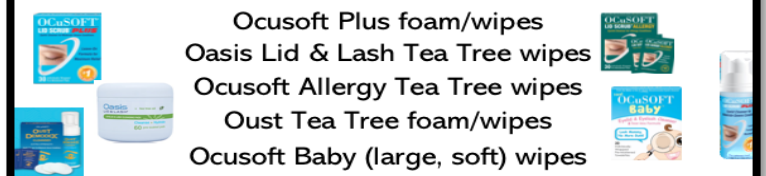
Ocusoft Original Foam \$18
 (lasts ~6 mts)

- Pump on fingers, washcloth, or cotton pad
- Wash lids/lashes (& face optional), rinse off
- Great for use in the shower

CONVENIENT NO RINSE EYE CARE

- Anti-allergy, antibacterial, oil reducing
- Use a fresh wipe (one side per eye) or pump foam onto clean fingers or moist cotton pad/q-tip
- Clean upper & lower lid margins & lashes – leave on

RECOMMENDED NO RINSE CLEANSERS



WIPES: Unfold a pre-moistened pad, then wrap it around a clean fingertip

FOAM: Moisten a cotton pad or q-tip with water, add 1-2 Pumps of foam or gel spray

—>(you Can pump foam onto Clean fingertips & wipe on lids/lashes, but a cotton pad (q-tip or washcloth) removes debris & oils more effectively)

LIFESTYLE TIPS TO REDUCE ALLERGIES

STAY INSIDE DURING ALLERGY SEASON

Minimize exposure to allergens

STAY HYDRATED

So you can produce more tears

PROTECT EYES OUTSIDE

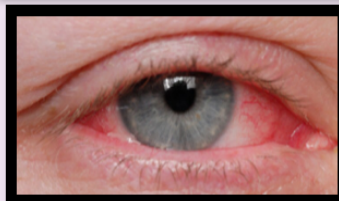
UV, wind/dust, & harsh weather irritate the eyes. Wear **wrap** eye protection, **sunglasses**, & a **hat/visor** outside

TAKE A SHOWER EVERY EVENING

Hair & eyelashes trap allergens, this should be washed off as soon as possible to reduce exposure

REDUCE CONTACT LENS WEAR TIME

Contact lenses exacerbate allergy eyes. **Daily disposables** are best for allergy sufferers. **Reduce wear time & wear glasses** when allergies are bad. Monthly contact lenses should be cleaned with **Clear Care hydrogen peroxide** every night. Allergy drops should be instilled 10 minutes before inserting contact lenses.



AVOID REDNESS RELIEVERS

“Get the Red Out” drops such as VISINE or Clear Eyes constrict the blood vessels to reduce redness but this only treats symptoms.

ALLERGY DROPS RECOMMENDED

Alaway or Zaditor are OTC antihistamine drops (like Claritin for the eyes) - Instill one drop in each eye twice a day (morning & evening) until allergies resolve, then “as needed”

RINSE EYES WITH PRESERVATIVE FREE ARTIFICIAL TEARS

Preservative free tears (in single use vials) are great for rinsing the eyes. Use a full vial to dilute the buildup of allergens in your tears. Keep some vials in the refrigerator- cold tears feel great when allergies are bad.

EYELID HYGIENE

Clean lids/lashes every evening & morning during allergy season with OCUSOFT PLUS, OCUSOFT ALLERGY, OASIS LID & LASH No Rinse extra strength & anti-inflammatory

ALLERGY MEDICATION AND SUPPLEMENTS

Oral antihistamines such as *Claritin*, *Allegra*, *Zyrtec* can be taken in addition to allergy eye drops & nasal sprays. Increase **preservative free tears** when taking antihistamines since this can make dry eyes worse. *Benadryl* is the most drying antihistamine.

EAT HEALTHY & TAKE VITAMINS

(see following pages for recommended allergy diet)

HEPA AIR FILTER

True HEPA filters capture 99.97% of pollen size spores & clean the air. Price range is \$50-\$1,200



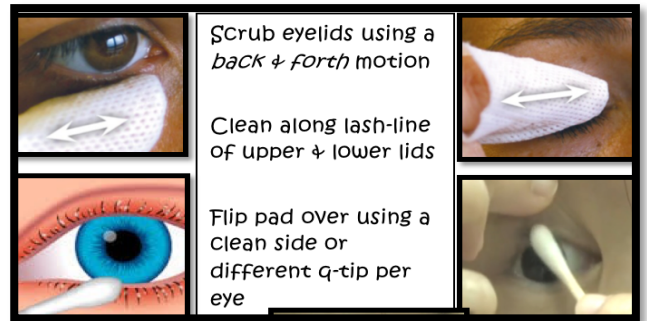
EYE ALLERGY HOME TREATMENT PLAN

1. EYELID HYGIENE

Ocusoft Plus or Allergy wipes

Clinique Bar soap or Vanicream Z-Bar

- Cleanse lids/lashes every evening
(Removes allergens, sweat, bacteria, & oils)



2. RINSE EYES WITH TEARS

Refresh or Blink (PF Vials)

- Rinse eyes with 1 full vial 2-3 x a day
- dilutes allergens from your tears
- refrigerate vials for added relief



3. COOL COMPRESSES

Sinus gel mask or Dry Eye Compress mask
(stored in fridge or freezer)

- 5-10 minutes 2-3 x a day
- Reduces swelling/itching



4. ANTIHISTAMINE DROPS

Pataday or Alaway or Zaditor (OTC)

- Instill 1-2 drops in each eye 2 x a day
- Not within 20 min of Artificial tears



5. ANTIHISTAMINE PILLS

Claritin, Allegra, Zyrtec, or Xyzal (OTC)

- Take 1 pill 1-2 x daily for allergies



6. SUPPLEMENTS

- FISH OIL- OrthoMega 1-2 gel caps daily
- D-HIST- see next page for info
- VITAMIN D-3- 50,000 units 1 pill 1 x a week

