

RECOMMENDED EYE DROPS- dry eyes



Are you experiencing any of these 12 symptoms?

Gritty, itchy, or burning sensation	Watery eyes (dryness causes reflex crying tears)
Sensitivity to light	Trouble reading & electronic device use
Blurry vision or fluctuation of vision	Difficulty driving, poor night vision
Redness	Trouble watching TV
Swollen eyelids	Tired, fatigued eyes
Contact lens irritation Poor comfort	Feeling like "something in my eye"

8 CAUSES OF DRY EYE

Heavy reading or electronic device use	Dry, hot environment	Prolonged contact lens wear	LASIK surgery
Medications antihistamine, blood pressure, diuretic, BCP, acne drugs	Deficiencies in lacrimal glands, clogged oil glands of lids	DISEASES Diabetes Hypertension Autoimmune Sjögren's Rosacea Thyroid	Diet poor in omega-3 & anti-inflammatory foods

BASIC TREATMENT FOR DRY EYES

➤ OTC ARTIFICIAL TEARS (preservative free, brand name)

Store bought Vials
Relief Lasts ~30 minutes

- Blink Tears
- Refresh Optive Advanced
- Systane Ultra
- Theratears

INSTRUCTIONS: _____

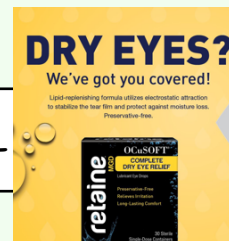


➤ DOCTOR STRENGTH LUBRICANT (longer lasting, preservative free, sold at at Dr office)

Sold in-office
Relief Lasts ~3-4 hours

- Retaine MGD (mimics oil layer of tears)
- Oasis PF or Plus (long-lasting, thicker)

INSTRUCTIONS: _____

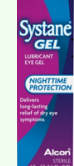


➤ CONTACT LENS (CL) WEARERS remove contacts nightly

- Blink Tears, Refresh Optive, Oasis PF (can be used on top of CL)

INSTRUCTIONS: Instill with Insertion & Removal & as needed on top of CL during the day

➤ NIGHTTIME DRYNESS (use gels or ointments)



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

INSTRUCTIONS: Instill a dab Inside lower eyelids at bedtime
*use a beauty sleep mask or warm compress mask (optional)



➤ IF THIS BASIC TREATMENT PLAN does not control dry eye symptoms, contact our office