

RECOMMENDED EYE DROPS- dry eyes



OTC ARTIFICIAL TEARS (sold in stores)

- Blink Tears (bottle or vials)
- Refresh Optive Advanced or Mega-3 (vials)
- Systane Ultra PF (vials)
- Theratears or Genteal (vials)



Relief Lasts ~30 minutes depending on severity of dry eyes

DOCTOR STRENGTH LUBRICANT (sold in office)

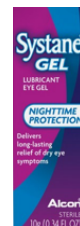
- OASIS PLUS (vials)
- OASIS TEARS PF (preservative free in a bottle)
- RETAINE MGD (vials)
- FRESHKOTE



Relief Lasts ~3-4 hours depending on severity of dry eyes

NIGHTTIME DRYNESS (sold in office or OTC)

- SYSTANE or GENTEAL GEL (tube)
- RETAINE OR REFRESH PM (tube of ointment)



DRY EYE TREATMENT INSTRUCTIONS

Instill 1-2 drops in each eye _____ x a day (at least morning & evening & as needed during the day)

Instill a dab of gel or ointment inside lower eyelids at bedtime

(optional: use a beauty mask or dry eye sleep mask overnight for extra protection)