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Dry Eye Treatment

Dry eye can occur as a result of not enough tears on the surface of your eye or not enough oil production by the glands in your eyelids. If there is not enough oil, your tear film evaporates, causing dry eye. Some symptoms you may experience are burning, tearing, redness or a feeling that something is in your eye. To treat these symptoms, please do the following checked treatments at home:

\_\_\_\_ **Warm Compresses:** Warm a clean, damp towel, a Bruder mask or a clean sock filled with uncooked rice and place it across both eyelids for 10 minutes 3-4x/day. If the towel becomes cold before 10 minutes are up, reheat it and continue until the time is done. Gently massage eyelid margins after warm compresses are done.

\_\_\_\_ **Lid Scrubs:** Use OcuSoft lid scrubs, We Love Eyes, tea tree oil cleanser, or baby shampoo to thoroughly clean your lids and lashes 1-2x/day.

\_\_\_\_ **Artificial Tears:** Instill artificial tears 4-6x daily. \*Do not instill artificial tears while

wearing contacts unless they are specifically made for contact lenses.

 \_\_\_\_ Similasan (dry eye formula)

 \_\_\_\_ Refresh

 \_\_\_\_ Systane Complete

 \_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ **Restasis** or **\_\_\_\_Xiidra:** Instill 2x/day.

\_\_\_\_ **Contact Lens Solution:** Switch to a hydrogen peroxide contact lens cleaning solution. \*Don’t forget to rinse off before inserting contact\*

\_\_\_\_ **Fish Oil:** Take at least 1600mg of fish oil / omega-3 daily.

\_\_\_\_ **Punctal Plugs:** Return to clinic in \_\_\_\_ day/weeks for appointment.

\_\_\_\_ **Humidifier:** Use a humidifier in your home/office, especially during winter.

\_\_\_\_ **Other:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ **Return** to clinic in \_\_\_\_ days/weeks for a follow-up.