

## Dry Eye Checklist

### Artificial Tears / Lubricating Drops

- 1) **Use 2-4 times per day**
- 2) Brands: *iVizia, Biotrue Hydration Boost, Refresh Relieva*
  - a) DO NOT USE *Visine, Clear Eyes, or Opcon-A*
- 3) If wearing contact lenses, only use options that say “for contacts” or “preservative-free” on the label

### Gel Drops / Ointments

- 1) **Use daily at bedtime** (avoid daytime use as it can blur vision)
- 2) Gel drop brands: *Systane, Refresh Optive, TheraTears Liquid Gel*
- 3) Ointment brands: *Refresh PM, Systane Nighttime, Optase Hylo Night*

### Eyelid Home Therapies

- 1) **Apply a heated compress over closed eyes daily (10-15 min)**
  - a) Use a *microwavable (e.g. Bruder, OCuSOFT) or electronic (e.g. Wizard Research, Aroma Season)* eye mask as a routine
- 2) **Scrub your eyelids with a wipe or cleanser daily (20-30 sec)**
  - a) Brands: *Ocusoft Allergy or Oust, Zocular, Optase*
  - b) Alternatively, use hypochlorous acid spray (e.g. *Avenova, HypoChlor*) with a cotton round and gently scrub eyelids

### Lifestyle Modifications

- 1) **Drink water! Stay hydrated!**
- 2) **Make sure you blink!** Studies show that blink frequency decreases by about 60% while looking at screens
- 3) **Consider taking an omega-3 supplement** (i.e. fish oil) to support the meibomian glands (MGs) of the eyelids
  - a) High EPA-to-DHA ratio is preferred

### Prescription Eye Drops

- 1) Various drops help by either: controlling inflammation, eliminating Demodex eyelid mites, stabilizing the tear film, or increasing tear production (discuss with your doctor)
  - a) Brands: *Restasis, Xiidra, Vevye, Xdemvy, Miebo, Tryptyr, etc.*

### In-Office Procedures

- 1) **Punctal (tear duct) plugs:** increases tear retention
- 2) **Meibomian gland (MG) compression:** opens up MGs
- 3) **Thermal pulsation** (e.g. *LipiFlow, iLux, MiBoFlo*): stimulates MGs
- 4) **Intense pulsed light (IPL) therapy:** reduces inflammation

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