

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 Night*, *Refresh*, *TheraTears Liquid Gel*
- 3) Ointment brands: *Refresh PM*, *Systane Nighttime*, *Optase Hylo Night*

Eyelid Home Therapies

- 1) **Apply a heated eye mask over closed eyes daily (10-15 min)**
 - a) Microwavable: *Bruder*, *OCuSOFT*
 - b) Electronic: *Wizard Research* (10% off with code **TARGET**)
- 2) **Scrub your eyelids with a wipe or cleanser daily (20-30 sec)**
 - a) Brands: *Ocusoft Allergy* or *Oust*, *Zocular*, *Optase*
 - b) Alternatively, use a hypochlorous acid spray (e.g. *Avenova*, *HypoChlor*) with a cotton round and firmly 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 an omega-3 supplement** (i.e. fish oil) to support the meibomian glands (MGs) of the eyelids, which stabilize the tears
 - a) High EPA-to-DHA ratio is preferred

Prescription Eye Drops

- 1) Prescription drops help by either: **reducing 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) expression**: unclogs and opens the MGs
- 3) **Thermal pulsation** (e.g. *LipiFlow*, *iLux*, *MiBoFlo*): stimulates MGs
- 4) **Intense pulsed light (IPL) therapy**: reduces inflammation

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