

DRY EYE TREATMENT

Mild to Moderate

WARM COMPRESSES

- Warm compresses help to heat the oil glands in your eyelids to reduce gland blockages. The mask also helps activate oil glands to produce healthier tears.
- Warm mask as directed and use in the morning for 10-15 minutes. Repeat at bedtime.

LID HYGIENE

- Lid Hygiene helps reduce bacteria on the eyelids that can block oil glands and cause inflammation.
- Hypochlorous Spray - spray on closed eyelids, rub in and leave on.
- Lid Scrubs - close eye and wipe eyelid/eyelashes gently in a side to side.

PRESCRIPTION EYE DROPS

- *Based on your doctor's discretion, prescription medications may be part of your treatment plan.* Some prescription drops include **Restasis**, **Xiidra**, **Cequa**, **Miebo**, **Vevye** (long term anti-inflammatory, immunomodulatory medications) and **Loteprednol** (short term, anti-inflammatory medication).

PRESCRIPTION NASAL SPRAY

- **Tyrvaya** stimulates lacrimal glands, meibomian glands and goblet cells which will increase your production of natural tears and stabilize your tear film.
- Use one spray in each nostril, twice a day.



DRY EYE TREATMENT

Moderate to Severe



PRESCRIPTION EYE DROPS

- Based on your doctor's discretion, prescription medications may be part of your treatment plan. Some prescription drops include **Restasis**, **Xiidra**, **Cequa**, **Miebo**, **Veveye** (long term anti-inflammatory, immunomodulatory medications) and **Loteprednol** (short term, anti-inflammatory medication).

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PUNCTAL PLUGS

- Punctal plugs are placed in the tear duct of the patient's lower eyelid. These plugs help slow the drainage of tears, keeping your eyes moist longer. There are temporary and permanent options.

INTENSE PULSE LIGHT (IPL)

- IPL is a dry eye treatment that uses pulses of light to release oil trapped in meibomian glands and promote healthy oil gland secretion. This treatment also helps to kill bacteria and reduce inflammation. Recommended to have 4 sessions, 2-4 weeks apart.

Intense Pulse Light (IPL)

