

# Dry Eye Disease Treatments



Following your eye exam, your doctor will discuss treatments and care for your dry eye disease and symptoms. Below are a list of recommendations you may have been provided to help manage and treat dry eye disease. Your individual plan may vary, so please follow the specific guidance of your doctor.

## Artificial Tears

Your doctor may have recommended a specific brand or product based on your eye health and needs. These could include:

- Preservative-free drops that can be used as often as needed.
- Preservative-free drops that can be used with contact lenses.
- Gel drops (thicker).
- Ointment to use before bed.

## Omega-3 Supplements

Note: Not all Omega-3 supplements are created equal.

## Redness Relieving Eye Drops

A note about treating red eyes associated with dry eye disease: Common “get the red out” eye drops, while offering temporary relief from redness, can actually worsen the problem due to a phenomenon called rebound redness. There is a non-prescription eye drop available that does not have these known side-effects.

- Lumify: Over-the-counter eye drops to relieve redness with a lower risk of certain side-effects when used as directed.

## PRN De 3 Omega®:

Doctor prescribed high potency omega 3 fatty acid supplement that has been proven to maintain the lipid (oily) layer of your tears. This improves the overall health of the tears and decreases the rate at which they evaporate.

## Warm Compresses, Lid Massage & Hygiene

If your doctor prescribes warm compresses, follow the steps below. The heat helps the oils in your Meibomian glands located in your eyelids liquify so they can flow properly to hold the moisture on your eyes. After the warm compress, massage the lids in order to mobilize the oily secretions from the glands. Place your finger gently across your lid and use a rolling motion toward the lash margin. Repeat this for 30-60 seconds on each lid. Follow with one of the following eyelid hygiene products prescribed by your doctor.

- **Eyelid cleansing wipes** for example, Biotrue® Micellar Wipes or Cliradex® Wipes
- **OCuSOFT® Lid Scrub Original:** Use one pump on a clean washcloth and wash along lid margins. Rinse thoroughly.
- **OCuSOFT® Lid Scrub PLUS:** Use one pump on a clean washcloth and wash along lid margins. Leave on overnight.
- **Tea Tree Foam:** Use one pump on a clean washcloth and wash along lid margins. Rinse thoroughly.
- **Hypochlorous Solution:** Spray on closed eyelids, blink 10 times, let dry and leave on. Can be used once or twice daily.

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## Punctal Occlusion

Punctal occlusion is a painless in-office procedure that helps to increase the volume of tears on your eyes by blocking the tear drainage areas, usually on the lower lids. This reversible procedure often offers patients more immediate relief as we treat dry eye disease.

## Other Treatments for Severe Dry Eye

- **Tears (also known as autologous serum eye drops).** These are eye drops made from a patient's own blood serum, which contains components similar to natural tears, promoting healing and lubrication.
- **Amniotic membranes** These can be applied to the eye. They utilize the natural healing properties of amniotic membrane to reduce inflammation, promote tissue regeneration, and protect the eye surface.
- **Bandage Contact Lenses (BCL)** A contact lens is used therapeutically to act as a protective barrier, creating a moist environment and shielding the cornea from friction with eyelids and other irritants. This allows the eye to heal and reduces pain.

## Blephex™

Blephex™ is an FDA approved in-office procedure that treats blepharitis by eliminating the biofilm and bacterial toxins that cause inflammatory lid disease and dry eye. This improves the health and comfort of the eyelid almost immediately improving symptoms. Blepharitis is a chronic inflammatory disease caused by an overgrowth of natural bacteria along the base of the eyelashes. While Blephex™ is not currently covered by insurance it is an affordable procedure. Our doctors often have the Blephex™ treatment performed along with Tear Care for maximum effectiveness. It may need to be repeated, as the biofilm and toxins may build up again over time.

## TearCare®

The TearCare® System treats evaporative dry eye disease due to meibomian gland dysfunction (MGD) in adult patients. It utilizes the application of controlled, localized heat therapy to soften the hardened oils within the meibomian glands. This allows manual expression of the glands, which clears blockages so healthy oil can be produced again.

## Prescription Medication Relief

- **Mild steroid eye drops:** Helps reduce inflammation.
- **Oral Antibiotics** with anti-inflammatory properties.
- **Cyclosporine drops:** An immunomodulator that decreases inflammation and increases the natural ability to produce tears. (Restasis®, Cequa®, Verkazia®, Vevye®)
- **Xiidra® eye drops:** Prescribed to treat the signs and symptoms of dry eye disease by reducing inflammation.
- **Miebo® eye drops:** Prescribed to treat the signs and symptoms of dry eye disease. It is the first and only prescription eye drop that directly targets tear evaporation.
- **Tyrvaya® :** a prescription nasal spray indicated for the treatment of the signs and symptoms of dry eye disease. It is the first and only nasal spray approved for dry eyes that works by stimulating the body's own natural tear production.