

## Ocular Surface disease or Dry Eye

Many people are not even aware they suffer from dry eye. Common symptoms are stinging, burning, excessive tearing, foreign body sensation, fluctuation of vision, decreased vision after prolonged use of the computer, reading or doing close-up work, and discomfort with contact lens wear. Many environmental conditions can also worsen dry eye symptoms, including the use of fans, windy conditions, poorly humidified surroundings, and many others. Your Doctor will work with you to determine the treatment required for your specific type of dry eye.

Sometimes artificial tears (rewetting drops) are sufficient, but often multiple treatment methods are needed to get the dry eye under control.

## The Role of Inflammation in Ocular surface disease or Dry Eye

Much of the research on dry eye over the past few years has focused on changing the quality of the tear film itself. Many of the items used in your specific dry eye treatment plan are to help with achieving improved quality of tears, and this can be done by controlling ocular inflammation. Inflammation of the ocular surface, combined with poor tear volume, created a vicious cycle of poor tear production, more inflammation, and worsening of dry eye. Artificial tears help to diminish the concentration of inflammatory mediators as well as provide temporary relief by increasing tear volume. Products like topical steroids (lotemax or Pred forte) and Restasis and Xiidra are used to treat inflammation. Doxycycline and azithromycin (Z-Pak) are used to change the quality of meibomian glands

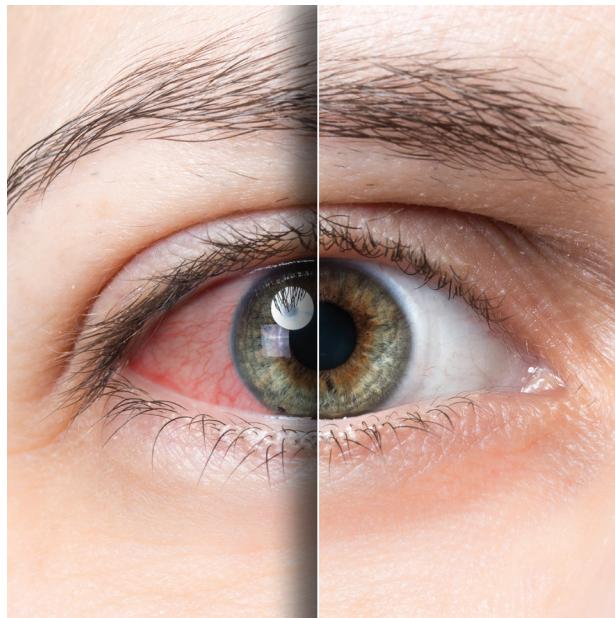
which become inflamed and obstructed.

Meibomian glands produce the oily layer of the tear film and help diminish evaporation of tears on your eye. Warm compresses and lid hygiene also help improve these oil-producing glands.

Omega 3 fish oils are taken orally and are used to help improve the meibomian glands/oil glands. They are also known to help decrease inflammation throughout our entire bodies.

## Reminder

Some of these products work immediately, but most treatment plans may take weeks for you to start seeing results. Some treatments may need to be used on a long term basis to help control your symptoms. Dry eye cannot be cured like an infection; it is a condition that comes and goes as time goes on. With proper and continued treatment, the symptoms can be controlled.



# Custom Dry Eye Treatment Plan



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# Dry Eye Treatment

*At Sergeant Bluff EyeCare, we treat dry eyes very seriously, as it may have a major impact on your best vision. Dryness can affect not only your ocular comfort but also how well you see.*

Remember you cannot cure dry eyes, but with appropriate treatment, you can control it. With proper use of multiple treatments dry eye symptoms and signs can be stabilized.

## My Custom Dry Eye Treatment Plan

### ☐ Artificial Tears (Over the counter lubricant)

- Use: 1 drop 3-4 times a day (if using more often than 4 times a day use preservative free)
- Refresh Optive
- Systane Balance or Complete

### ☐ Night Time Gel/ointment (Over the counter lubricant)

- Use: Apply one drop or small amount to lower eyelid at night right before bed
- Refresh PM
- Systane Gel (Overnight therapy)

### ☐ Lid Hygiene (Over the Counter)

- Clean the lid margin 1-2 times daily with gentle massage at the base of the lashes
- Avenova
- Ocusoft

### ☐ Warm Compresses/Bruder Mask

- Heat compress and apply over closed eyes for 10 min 1-2 times a day. This helps unplug glands in the eyelid. It is normal for vision to be blurry temporarily after removing the mask.

### ☐ Omega 3 Fish Oils (Over the counter)

- This will provide an anti-inflammatory effect to your eyes

### ☐ Restasis/Xiidra (Prescription)

- Apply one drop to each eye twice a day. Both medications take 1-3 months to see effects. May sting when first put into the eye but should lessen over time. Use a minimum of 3-4 months and contact your doctor if discontinuing treatment.

### ☐ Lotemax/Pred Forte (Prescription)

- Apply one drop to each eye twice a day, morning and night, for two weeks and then STOP.

### ☐ Doxycycline (Prescription)

- 50 mg by mouth twice a day for a month and then once a day for a month. May be continued long term per your physician

### ☐ Azithromycin(Z-pak) (Prescription)

- Take as directed once a month as directed from your physician

### ☐ Punctal Plugs

- Blocks the drainage system in your eye to keep both natural and artificial tears on your eye longer. Improving moisture and lubrication.

### ☐ Lipiflow

- Procedure that clears out oil glands in your eyelid to prevent tear evaporation

### ☐ Amniotic Membrane (Prokera/Xcellerate)

- Membrane bandage placed on the eye to provide advance treatment for corneal disease and dry eyes.

