

Dry Eye Treatment Protocol

Name _____

Aqueous Deficiency

(poor tear production)

Meibomian Gland Dysfunction

(tears evaporate too quickly)

Blepharitis

(inflammation of the eyelids)

Primary Treatment

Omega- Fatty Acids: Nordic Naturals Complete Omega --- _____ capsules/day

Hydro Eyes PRN

Environmental Modifications Turn Ceiling Fans off Run humidifier

Artificial Tears (brand) _____ 2x day 3x day 4xday

Hot Compresses Bruder Mask/Wash Cloth followed by eyelid massage

https://www.youtube.com/watch?v=hOGwoBD_sY&t=4s

Lid Cleansing Cliridex (foam/wipe) Ocusoft Other

<https://www.youtube.com/watch?v=gHOWXMum6dQ>

Eyelid Antiseptic Avenova(Rx) Acucyn(Rx) Ocusoft Hypochlor Gel(OTC)

Notes _____

Secondary Treatment

Night Time Ointment or Gel Refresh PM Systane Nighttime Ointment

Punctal Plugs Temporary Permanent Permanent Cautery

Lotemax Gel Lotemax Ointment Lotemax SM Steroid Drop Protocol

Nighttime Goggles (eyeeco.com) Blink Exercises

Notes _____

Tertiary Treatment

Punctal Plugs Temporary Silicone Plugs Permanent Cautery

RX Tears Restasis 2x day Xiidra 2x day

Blood Serum Tears 25% Maintenance 50% Wound Healing _____ x day

Lipiflow

Notes _____

Please remember that many medications can be responsible for the underpinnings of dry eye or ocular surface disease.



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