

### **What is Dry Eye?**

Dry eye occurs when the eye doesn't produce enough tears, or the tears are not of the correct consistency and evaporate too quickly

### **Common symptoms:**

- Frequent tearing
- Blurry vision
- Redness
- Irritated/scratchy eyes
- Mucus in & around eyes
- Light sensitivity

### **Preservative Free Artificial Tears Safe to use As Needed:**

Thera Tears  
Systane Complete PF  
Refresh Optive Mega-3  
Optase Dry Eye Intense Drops

**Please avoid:** Visine, Clear Eyes, or any Redness Relief Drops

**Please note:** Anti-Itch drops such as Pataday, Alaway, and Zaditor do not treat Dry Eye Disease

### **In-Office Treatments:**

- OptiLight: The only FDA-Approved light therapy that targets inflammation to provide long-lasting relief for dry eye disease, offering a more effective solution than traditional eye drops
- Tear Care: a therapeutic system that uses gentle heat and pressure to clear blocked oil glands in the eyelids, offering a targeted and effective treatment for dry eye symptoms

Combining OptiLight and TearCare provides comprehensive dry eye relief by addressing inflammation and clearing blocked oil glands, leading to more effective and lasting results

For more information, please visit our website



## **Additional At Home Remedies and Instructions for Use**

Only use those circled & recommended by your Eye Doctor

### **Warm Compress**

1. Purchase a Gel Beaded Eye Mask
2. Heat the mask for 10-15 seconds in a microwave or until it's comfortable
3. Place over closed eyes for 10 minutes
4. Repeat steps 1-3 as needed or as directed

### **Optase Cleaning Gel (Preservative Free)**

- Gently massage the gel onto your closed eyelids and the base of your eyelashes in a circular motion.
- Rinse eyes and pat dry with a clean towel.
- Repeat 2-3x/week usually in the shower.

### **Night Ointment: Optase Night Hilo (Preservative Free)**

- Squeeze a small amount of ointment into the lower eyelid pocket before bed, then blink to spread it.
- Will cause blurry vision.

### **Hypochlorous Acid Spray: Avenova**

- Close your eyes.
- Hold the spray bottle about 8-10 inches from your face.
- Spray directly onto your closed eyelids, ensuring an even mist covers the entire eyelid area.
- Let the spray air-dry on your eyelids; no rinsing is necessary.
- Use nightly.

### **Lid Scrubs**

- Close your eyes and gently scrub the base of your upper and lower lashes using the wipe in a side-to-side motion.
- Rinse eyes and pat dry with a clean towel.
- Repeat 2-3x/week at night.

- Wear UV protective sunglasses
- Use a humidifier
- Clean your eye area regularly
- Stay hydrated - Drink water!