

## Dry Eye Disease, Blepharitis and Meibomian Gland Dysfunction (MGD)

You have been diagnosed with one or a few of the above chronic conditions that will require a daily system of management. If after 3 months of below treatment there is no improvement in your symptoms please come back in for further evaluation and treatment options for severe disease state.

- Warm Compress:** use a moist eye mask that can heat up to 110 degree F and can hold heat for 10 minutes. Apply the warm compress to the closed lids gently for 5-10 minutes daily. Follow with blinking exercise.
- Bruder Moist Eye Heat Compress (\$19.01 amazon) or direct from manufacturer <https://shop.bruder.com/products/bruder-moist-heat-eye-compress>
- Oral Omega 3 supplement:** daily supplement of omega 3 type called DHA and EPA, recommended dose is 500mgDHA and 500mg EPA daily. Not all omega 3 pills will contain these specific amounts of DHA & EPA, so check the label carefully.
- Nordic Naturals Ultimate Omega 2 pills <https://www.nordic.com/products/ultimate-omega/>

- Artificial Tears:** Quick fix for dry eye symptoms.

Mild/Moderate: Use bottle formula up to 4x/day. If >4x/day then use preservative free (PF) versions, if sensitive to preservatives use PF.

- Refresh Optive Mega 3, Refresh Optive Advanced, Refresh Relieva (all available preservative free)
- Systane Complete or Systane Balance
- OcuSoft Brand: Retaine (PF vials or PF HPMC)
- Bausch & Lomb Brand: Soothe XP
- Theratears Extra dry eye therapy

Severe: Use gel tears and night time ointments.

- Refresh Optive gel drops, Refresh P.M. lubricant eye ointment
- Systane Overnight therapy eye gel, Systane Nighttime lubricant eye ointment

For contact lens wearers: only use products approved for use directly onto contacts.

- Bausch & Lomb: BioTru Hydration Boost
- Refresh Relieva for contacts, Refresh Contacts  
Systane Contacts
- Blink Contacts

- Lid Cleansers:** twice daily lid cleaning.

Prescription strength:

- Acucyin 40ml Rx (\$32 in office price) apply to lids morning and nights do not wash off.
- Avenova 20ml available online w/o Rx (\$29.99). Larger size Rx at pharmacy.

Over the counter:

- Mild/Moderate: SteriLid Eyelid Cleansing foam, Ocusoft Lid Scrub Plus foaming eyelid cleanser
- Severe: Oust Demodex Cleanser