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Home Care Instructions for Dry eye care

1. Wear sunglasses (get outside, be safe), get enough quality sleep, take eye breaks from near tasks, place digital screens below your eye level, and shield your eyes from wind and drafts. Avoid irritants such as smoke and smoking.
2. Ensure proper hydration & nutrition. Consider more diet-based omega-3 fatty acids in nuts and fish +/- supplementation (i.e., fish oil, flaxseed, chia seed). Check with your doctor first if you are on blood thinners.
3. Eyelid care: Warm compresses – place a clean, damp washcloth around the eyes heated to 108.5°F (42.5°C) (use microwave) for 2 to 5 minutes, twice daily.
Clean lids/lashes 2x/day (Ocusoft+, TheraTears SteriLid, hypochlorous acid, Cliradex)
4. Lubricating Eye Drops (greater viscosity: tears → gel → ointment)
 - Tears: Refresh, Optive, Systane Ultra, Blink, Genteal, Oasis, Theratears
 - Oil-based Tears: Refresh Optive Mega-3 with flaxseed oil p.f. or Advanced, Retaine MGD, Soothe XP, Systane Balance, Systane Complete
 - Gels: Celluvisc, Optive gel, Genteal gel, Blink gel, Systane gel
 - Ointments (for use at night): Refresh PM, Systane PM, Lacrilube, Soothe PM.

ADDITIONAL TIPS:

- For eye allergies/itching: OTC antihistamine drops Alaway or Zaditor (2x/day) or Pataday (1x/day), if severe allergies, oral Allegra, Claritin, Xyzal, Zyrtec +/- Benadryl pm +/- Sudafed
- Avoid ALL “redness relievers” that “get the red out” as these contain vasoconstrictors (NO Visine, NaphCon, Op-Con, ClearEyes, Lumify)
- Use preservative-free (p.f.) varieties if you need to use drops > 4 times per day.
- Watch out for systemic meds that worsen dry eye (acne, allergy, BP, cholesterol)