

Treatments for dry eye disease work best when based on the type and cause of dry eye

Evaporative Dry Eye - In this type of dry, the surface layer of the tears (the oil layer) is of poor quality and evaporate too quickly, leaving the surface of the eye exposed. So treatments are aimed at opening up the oil glands, improving oil production and improving the quality of the oils produced. Options include:

- **LipiFlow** a breakthrough new procedure to gently open up the glands and increase oil production
- **Nutritional supplements** containing Omega 3s may help improve the quantity and quality of the oils produced inside the eyelids by the Meibomian glands.
- **Hot compresses** using a hot washcloth or bead therapy mask for 5 minutes per day
- **Lid massage.** Gentle massage (applying downward force on the upper lids, and upward force on the lower lids) can help unclog the openings of the glands
- **Lid scrubs.** Special cleaning pads for the lids can help reduce debris trapped in the lashes, wipe away excess bacteria and keep oils from clumping on the eyelid margin.
- **Oral anti-inflammatories** like doxycycline can improve oil quality and quantity
- **HypoChloric acid treatments** can reduce inflammation, bacterial over population and leave the lids feeling very clean and refreshed

Aqueous Deficient Dry Eye - In this type of dry eye there is not enough fluid on the surface of the eye and treatments focus on conserving tears or adding tears

- **Punctal occlusion** can be used to block the drains in the eyelid with tiny silicone or gel-like plugs that prevent the tears from draining away too quickly
- **Adding tears** - preservative-free artificial tear solutions are recommended because they contain fewer additives, which can further irritate the eyes.

Retaine MGD

Retaine NaCl

Retaine PM

Inflammatory Dry Eye – Benefits from drops that reduce inflammation on the surface of the eye, this would include:

Restasis

Xiidra

Corticosteroid eye drops

Supportive Therapy

- **Treating concurrent allergies** with prescription or OTC allergy drops
 - Bepreve
 - Pazeo
 - Lastacaft
 - Zaditor (OTC)
- **Blinking.** Taking breaks to blink regularly when reading or staring at a computer screen for long periods of time
- **Sunglasses outdoors,** particularly those with wraparound frames, to reduce exposure to drying winds and the sun.
- **Drink plenty of water** (8 to 10 glasses) each day.