

Expectations for Treatment for Moderate to Advanced Multifactorial Dry Eye

Typically covered by medical insurance

- Initial consultation
- Follow-up visits
- Some point-of-care tests, including TearLab and InflammDry
- Punctal occlusion
- Prokera amniotic membrane

Out-of-pocket costs

A “typical” course of office-based treatments may include:

- BlephEx (2-4 x per year)
- TearScience LipiFlow (1-2 x per year)
- OptiLight IPL (4-6 x per year)

Number and timing of treatments depends on 1) frequency and severity of signs/symptoms; 2) compliance with at-home regimen; 3) Complexity of the condition; and 4) Any significant ocular or systemic co-morbidities.

Dry eye kit for home use:

- Warm compresses vs moisture chamber goggles
- Lid hygiene cleansers
- High quality Omega-3 supplements
- Preservative-free artificial tears
- If necessary, a biologic eye drop like Regener-Eyes, protein rich-plasma (PRP) or VitalTears autologous serum