

HOT COMPRESSES

How they work

The heat from the compress liquefies the meibum (oil) in the meibomian glands located in the eyelids, enabling the oil to flow more freely from the glands to the ocular surface, where it helps prevent tear evaporation.

Instructions

- Wash hands.
- Remove all make up, have eyes and face clean
- Heat the mask for 20s in the microwave and with eyes closed, place the compress on your eyes for 10 minutes.
- Before placing over your eyes, touch the compress to your wrist to make sure the compress is not too hot.

Dosing

Perform for 10 minutes 2 times a day.

Available brands/products:

- Bruder mask
- iRelief mask

LID SCRUBS

How they work

Debris buildup and crusting on the eyelids can be caused by naturally occurring skin, bacteria, and mites, leading to irritation, itching, and exacerbation of dry eye symptoms. Lid scrubs help remove oil and debris, which can harbor bacteria and cause inflammation.

Instructions

- 1) Wash hands.
- 2) To loosen the debris along the lash line, place a moistened clean warm cloth on the eyelids for about 2 to 3 minutes.
- 3) Using a new pad/cotton swab with scrub foam/spray for each eye, close your eyes and then gently swipe in a horizontal motion along both upper and lower eyelid margins at the base of the lashes.
- 4) Rinse eyelids with clean water and pat dry with towel.

Dosing

Use tears 2 times a day.

Available brands/products:

Lid scrubs can come in the form of moist towelettes, eyelid sprays, or foams.

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| • iLid'N Lash Wipes | • Blephadex |
| • Cliradex | • IQ HOCl |
| • Blephaclean | • Bruder Hygienic Eyelid Wipe or Solution |
| • Systane | |

OMEGA-3 FATTY ACID SUPPLEMENTS

How they work

An imbalance in omega fatty acid ratios can lead to inflammation. Supplementing with omega-3 fatty acids, specifically 2,000mg of combined EPA and DHA in a 3:1 EPA to DHA ratio, enhances meibum quality and alleviates patient symptoms.

Instructions

- 1) Take by mouth a daily dosage of 500mg of DHA (docosahexaenoic acid) and 1,500mg of EPA (eicosapentaenoic acid) for a combined 2,000mg of omega-3 fatty acids per day.

Available brands/products:

Formulas that use a high quality, re-esterified, triglyceride - based omega-3 supplement with a 3:1 EPA to DHA ratio and at least 2,000mg of combined EPA and DHA can improve the quality of oil found in the meibomian glands.

- Physician Recommended Nutraceuticals (PRN) De3 Omega

ARTIFICIAL TEARS (LUBRICANTS)

How they work

Artificial tears offer relief and alleviate stress on the ocular surface.

For patients with meibomian gland dysfunction (MGD), oil-based artificial tears can be particularly effective.

Instructions

- 1) Either lie down or tilt your head back to a comfortable position and look upward
- 2) Use your non-dominant hand to pull your lower eyelid down and away from your eyeball, creating a "pocket" for the drops.
- 3) With the other hand, hold the eye drop bottle between your thumb and forefinger and position just above your eye.
- 4) Without letting the bottle tip touch your eye, squeeze one drop into the pocket.

Dosing

Use tears 4+ times a day.

Available brands/products: (preservative-free formulations)

Artificial tears can come in the form of drops, gel, or ointment. Gels and ointments offer soothing relief while you sleep and prevent morning dryness.

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| • Thealoz Duo | • Ocunox |
| • Hylo (Gel/ Dual Intense) | • Systane nighttime |
| • Idrop (MGD/Gel) | • Lacrilube |
| • Hydrasense | • Soothe |

LIFESTYLE CHANGES

- Avoid fans at night and turn car vents away from your face.
- Add a humidifier to your workspace or home.
- Stay hydrated.
- Get at least 7 hours of restful sleep every night.

DEVICES AND BLINKING

People tend to blink about 50% less frequently when looking at screens. It's important to take regular breaks from screens. For optimal eye health, try to follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds and remember to blink!

COSMETICS

- Avoid lining your waterline or tightlining, as this can block your meibomian glands, leading to gland blockage and atrophy.
 - Be aware that many cosmetics contain harmful ingredients
 - Steer clear of waterproof mascara; its ingredients make it difficult to remove.
 - Always remove makeup before bed.
 - Lash serums containing prostaglandin or prostaglandin analogues can exacerbate dry eyes, Caster oil on the lash line is a safer option.
 - Botos around the "crow's feet" area can interfere with normal blinking, preventing tears from spreading evenly across the eye.
 - If you use false lashes or lash extensions, ensure you clean your lashes thoroughly, even though we generally advise against their use.
 - Topical Retin-A (ie. tretinoin) and retinol creams can damage your oil glands. Keep these products away from your eyes.
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