



Treatment Protocol for Dry Eyes

#1: Omega 3 Fatty Acids - triglyceride (not ester) form of fish oil to supply the omega 3 fatty acids. Triglyceride form will not cause fish burp and the body absorbs it better. Recommended dosage is at least 2000 mg of Omega-3 per day.

#2 Blinking Exercises - see separate form

#3 Sleep Mask - If you experience dry eyes only in the morning a sleep mask may be recommended. Sleep masks naturally protect eyes from drafts at night while keeping moisture in, they also create complete darkness which helps stimulate the pineal gland, releasing melatonin to promote deep sleep and relaxation. www.dryeyeshop.com

#4 Avenova I-Lid Cleanser - Use twice a day. Dip a q-tip in the bottle and clean lash line gently. Then spray Avenova on a Kleenex or flat cotton pad and cleanse lid area, eyebrow area and around the nose and forehead. The bottle must be used up within 6 weeks as it becomes inactive. Our cost per bottle is \$34.00. Cliradex cleaner or OcuSoft cleaner may be recommended in addition to the Avenova.

#5 Eye Drops _____ Restasis Prescription drops twice a day
_____ FreshKote three times a day
_____ Retaine three times a day
_____ Refresh PM at night
_____ Systane Ultra or Systane Balance 3-6x a day.
_____ Steroid drops (Lotemax gel, Pred Acetate, FML, Dexamethasone)
4x a day x 1 month, 2x a day x 1 month

#6 Autologous Serum drops- Blood is drawn at a lab and the serum is used to make eye drops at a compounding pharmacy. NuCara Pharmacy, 6111 Burnet Rd. Ph 512-454-9923 Fax 512-454-9866

#7 Heat Mask - We recommend the Bruder Mask \$20. An alternative: Take dry uncooked rice, place in a sock and heat it in a microwave 10 seconds at a time until hot but not hot enough to burn the delicate eyelid area.

#8 BlephEx treatment - We recommend having the eyelid area professionally cleaned every 4-6 months. \$75/eye

#9 Eyelid Rejuvenation - Dr. Kodukula does this procedure which expresses the oil glands in the lid to allow the oil to flow normally. \$238 for both eyes and includes follow up visit.

#10 Amniotic Membrane - The membrane is applied to the cornea and a contact lens is placed over the membrane. The amniotic membrane reduces inflammation and promotes healing and is very effective for dry eyes. Insurance may or may not cover it, we will try to get a pre-authorization before application. The cost is \$5400.00 for both eyes without insurance.

#11 Scleral Contact Lenses - These can be used in severe conditions. They are rigid gas permeable lenses that cover the cornea and some of the conjunctiva and acts like a shield. Cost is approximately \$2000, insurance rarely covers it.