

# QUALITY OF LIFE AND TREATMENT PLANS FOR DRY EYE

Patient Name: \_\_\_\_\_

Survey: Initial FU: 1 2 3 4 5 other \_\_\_\_\_

Questions: Hopewell 609-466-0055 Lambertville: 609-397-2020 email: [www.seelife.net/contact us](http://www.seelife.net/contact-us)

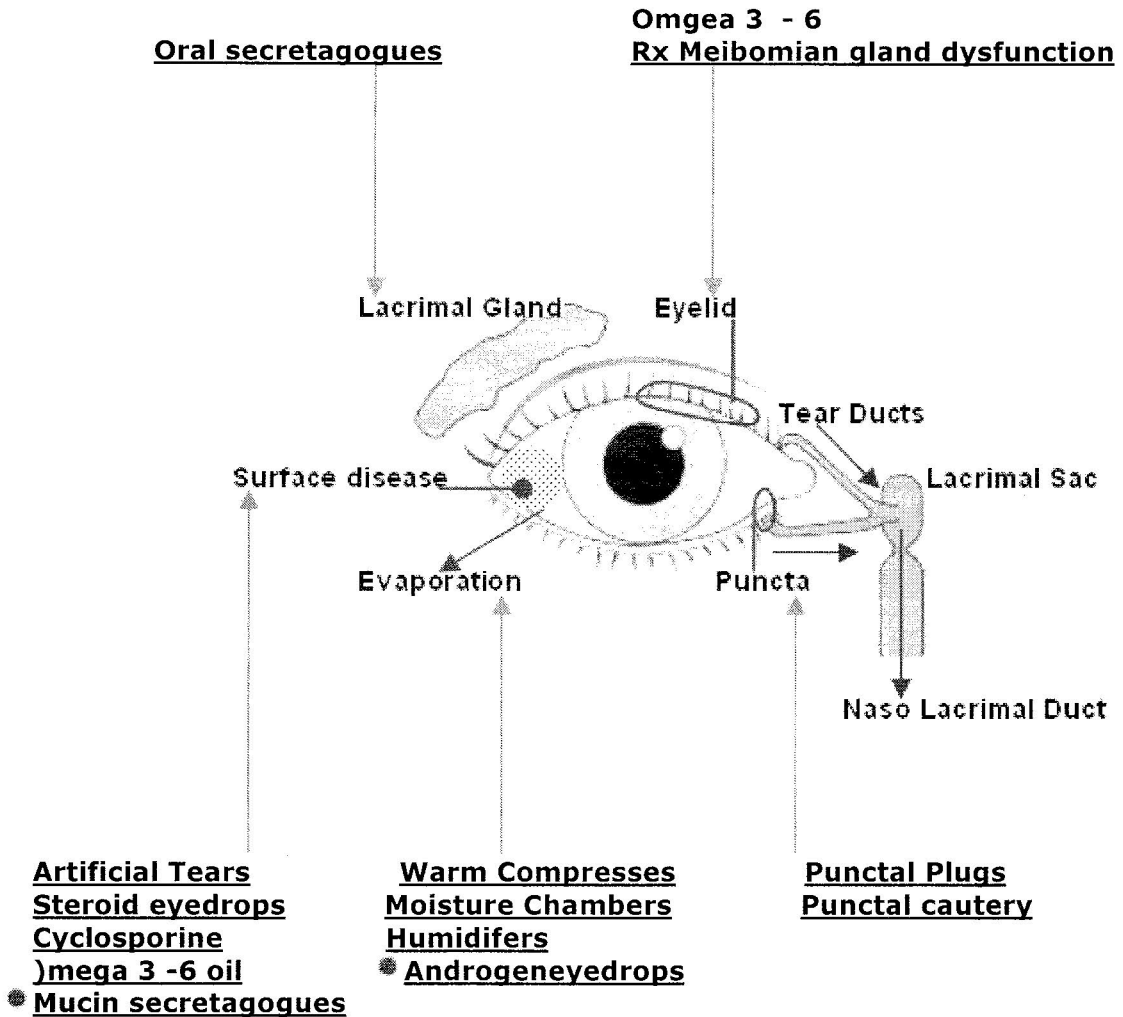
Treatment Plan:

Avoid any over the counter products not recommend by your doctor: in particular if it says “gets the red out” do not use it secondary to potential cardio-vascular side-effects, induced glare sensitivity and reading problems.

Resources:

<http://www.agingeye.net/dryeyes/overview.php>






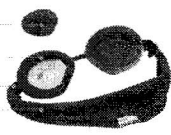


<http://www.dryeyezone.com/index.html>



**QUALITY OF LIFE AND TREATMENT PLANS FOR DRY EYE**

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		Name of Product	Times per day
Anti-oxidant drops		Viva or Avitears (Vitamin A drops)	3-4 /day or with meals
Lubricant drops (preservative free)		1) Thera Tears (electrolyte) 2) Similisan (Homeopathic) 3) Systane Balance 4) Optive 5) FreshKote (Rx)	3-4 /day or _____ 3-4 /day or _____ 3-4 /day or _____ 3-4 /day or _____ 3-4 /day or prior to sleep
Refresh PM ointment 57.3% White Petrolatum, 42.5% Mineral Oil Preservative Free.	Tears Naturale PM ointment 56.8% White Petrolatum, 42.5% Mineral Oil Preservative Free.	Refresh Lacri-lube ointment White Petrolatum, Mineral Oil Chlorobutanol (0.5%)	Genteal Gel 0.3% Hydroxypropyl Methylcellulose, Carbopol 980 GenAqua .
Omega 3 – 6 (Hydroeyes)	Essential Fatty acids of fish and seed oils: Salmon, Cod, Mackerel, plus Black Currant Seed Increased anti-coagulant affect	As directed on package: 1 -2 am / pm as tolerated Monitor of gastro-intestinal increase Monitor Blood sugar	
Fluid Intake (careful if Diabetic)	Recommend electrolyte balanced fluids – avoid Diuretics such as coffee, tea, soda	4 – 8 ounces servings per day Mineral or Spring water Low caloric sport fluids	
Tear Stimulation Peri-ocular	Mentholatum (Vick’s vapor rub) Breath Eze Nasal Strips	Applied to the inner nose or on the cheek : DO NOT put into the eye	
Tear Stimulation -drops	Rohto Drops (Menthol) <a href="http://myrohto.com/">http://myrohto.com/</a>	3-4 /day or _____	
Climate Control	Humidification		
Warm to Hot Lid compresses and scrubs	<ul style="list-style-type: none"> <li>• Eyescrub (Novarits) Pre-moistened pads.</li> <li>• <u>LidHygenix</u>: Fluid cleanser</li> <li>• Lid Scrub Foaming Eyelid _ (Ocusoft)</li> <li>• <u>Lid Scrub Pre Moistened Pads</u> (Ocusoft)</li> <li>• <u>Lid Scrub Solution</u> (Ocusoft)</li> <li>• <u>Sterilid</u> (Advanced Vision Research)</li> <li>• <u>Stygiene Sterile Eyelid Cleanser</u></li> </ul>	Apply hot water to a cotton towel or ball and apply to the eyelid with a strong manual massage of the eye lid.  Press downward on the upper lid and upper on the lower to to expression the eyelid glands.	
Moisture Chambers Sleeping Mask Prevent Evaporation	Warmed sleeping mask increases humidity in the ocular area to comfort the eyes <ul style="list-style-type: none"> <li>• Tranquileyes</li> <li>• Eyegiene (Gulden Ophthalmics)</li> <li>• PanOptx Dry Eye / Windless Eyewear </li> <li>• NitEye Dry Eye Comforter </li> <li>• MoistEye Moisture Panel </li> <li>• Moisture Chamber Occluder </li> <li>• Swimming Goggles </li> </ul>	Apply mask before sleeping hours Recommend Gel – Thermal masks	
Doxycycline	50 mg capsule by mouth	1x per day x 14 to 30 days	
Azasite (Azithromycin)	Ophth gel applied to the eyelid margin	2 x per day x 7 to 14 days	
Restasis	Cyclosporine A 1% 1 box of 60 ampullae	1 ampullae per eye Am / Pm	
Anti-inflammatory	Loteprenolol (Lotemax or Alrex) Fluometholone or Prednisolone 1%	1 2 3 4 /day	
Lacrisert <a href="http://www.lacrisert.com/">http://www.lacrisert.com/</a>	Hydroxypropylcellulose 5 mg 1 box (60 inserts)	Insert, using supplied applicator lacrisert into lower eyelid cul-de-sac am	
Punctal Plugs	Diagnostic Collagen plugs Semi – permanent Silicone plugs	To be inserted by the physician	
<u>Salagen</u>  5 or 7.5 BID <u>Evoxac</u>  30 mg TID	'Pilocarpine'. It stimulates in lacrimal gland and cause increased secretion of tears. 'Cevimeline'. Evoxac stimulates secretion from the lacrimal and salivary glands -higher affinity for lacrimal gland	Precautions: breathing problems (such as asthma, chronic bronchitis, chronic obstructive pulmonary disease-COPD), certain eye conditions (such as night blindness, acute iritis, narrow-angle glaucoma), heart disease (such as chest pain, heart failure, heart attack, slow heartbeat), low or high blood pressure, liver problems, gallbladder disease (such as gallstones), kidney stones, mental/mood disorders (such as depression	

Comments: \_\_\_\_\_