

# SUCCESSFULLY MANAGING YOUR DRY EYE DISEASE



Your dry eye disease can be successfully treated and managed. Please read and follow your individualized management plan outlined below.



## GENERAL MEASURES

Dry air, air conditioning, and exposure to drafts or wind can increase dry eye symptoms.

- Use a humidifier indoors when the heating system is on
- Avoid sitting under or in front of fans
- Make sure your face mask fits well so that your breath does not move from the top of the mask and over your eyes
- Wear sunglasses with a wraparound frame design when outside on bright, windy days
- Avoid smoking

### Prolonged screen time can worsen dry eye disease

- When using a computer, reading, watching television, or playing video games, follow the 20-20-20 rule  
*Take a break every 20 minutes for 20 seconds and look at an object 20 feet away*



## BLINKING EXERCISES

Practice your blinking exercises at least 3 to 5 times a day using full blinks.



## LID TREATMENTS

**Warm Compresses** (Recommended brand[s]: \_\_\_\_\_)

Apply a warm compress to the closed eyelids for 5 to 10 minutes 1 to 2 times a day.

- A microwavable eye mask is recommended because it will retain heat during the period of use
- Gently massage the eyelids with your fingertips after removing the mask

**Lid Scrubs** (Recommended brand[s]: \_\_\_\_\_)

Use *AFTER* washing your face.

- Close both eyes and gently rub the lid scrub back and forth against your lash margins
- Keep your eyes closed for approximately 10 seconds
- Rinse the lid scrub with warm water and use it to wipe the lids clean

Continued on back



## ARTIFICIAL TEARS (Recommended brand[s]: \_\_\_\_\_)

### **Daytime**

Use preservative-free artificial tears on a regular schedule, not only when your eyes feel dry, and at least \_\_\_\_\_ times a day.

- Check the instructions on the label to see if the bottle needs to be shaken before use

### **Nighttime**

Squeeze a thin ribbon of ointment into the lower lid pocket at bedtime.



## PRESCRIPTION EYE DROPS

The following medications are prescribed for you:

- Xiidra (lifitegrast ophthalmic solution, 5%) \_\_\_\_\_ times daily
- Restasis (cyclosporine ophthalmic emulsion, 0.05%) \_\_\_\_\_ times daily
- Cequa (cyclosporine ophthalmic solution, 0.09%) \_\_\_\_\_ times daily
- Lotemax Gel (loteprednol etabonate ophthalmic gel, 0.5%) \_\_\_\_\_ times daily
- Eysuvis (loteprednol etabonate ophthalmic suspension, 0.25%) \_\_\_\_\_ times daily
- Other(s) \_\_\_\_\_ times daily

*If you are using more than 1 drop at the same time of day, wait at least 5 minutes between application of medications.*



## OMEGA FATTY ACID SUPPLEMENTS

Recommend Brand: \_\_\_\_\_ Take as directed

Manufacturer contact info: \_\_\_\_\_



## COMMUNICATING WITH YOUR DOCTOR

Certain medications can worsen dry eye disease. Be sure to tell your doctor if you start any new prescription or over-the-counter medications or herbal supplements.



## FOLLOW-UP AND CONTACT INFORMATION

Follow all the instructions you are given. Your next visit is scheduled on \_\_\_\_\_ at \_\_\_\_\_.

Please call the office at (     ) \_\_\_\_\_ - \_\_\_\_\_ if you have any questions or concerns.

Developed in collaboration with Kendall E. Donaldson, MD, MS, and Walter O. Whitley, OD, MBA, FAAO

© 2020 MedEdicus LLC (236)