

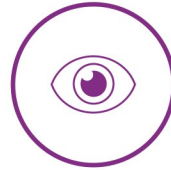


# At-home Treatments for Dry Eye Syndrome



## WARM COMPRESS DAILY

A warm mask that heats to 102-110 deg for a sustained amount of time ensures that the oil within the meibomian glands is softened. Upgraded masks are available to stay warm for longer periods of time.



## LID MASSAGE

Gentle massage of the lids immediately following the application of heat, to promote expression of the thick oil in the glands.



## WETTING DROPS, GEL, OR OINTMENT

To provide symptomatic relief.



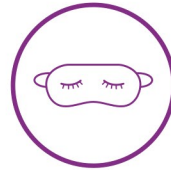
## PRESCRIPTION DROPS OR NASAL SPRAY

To stimulate tear production and lessen inflammation.



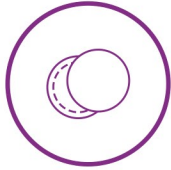
## DRY EYE SPECIFIC OR OMEGA-3 FATTY ACID SUPPLEMENTATION

To work from the inside out in achieving healthier tear film balance. Some studies have shown that this alone can be effective in improving signs and symptoms of Dry eye!



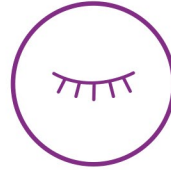
## SLEEP MASKS OR OTHER TOOLS

to help prevent or combat the effects of the eyelids not remaining sealed/fully closed during sleep.



## LID HYGIENE

A hypochlorous solution is recommended to balance the bacterial load on the lid margins and reduce excess biofilm that accumulates. It may be used alone directly onto the lids, or spray a cotton pad and use your fingertips to clean close to the eyelash base along the upper and lower lids. Pre-packaged pads soaked in the hypochlorous solution may also be used. Lid cleaning solution with the addition of tea tree oil may also be recommended.



## BLINKING EXERCISES

In today's world, we just don't blink enough! In a proper and complete blink, the upper and lower lids meet; the opening of the lids after a blink promotes the release of oil into our tear film. If we aren't blinking, the oil is thickening and becoming "stuck", contributing to an imbalance of our tear makeup.

*Did you know there's an App for that?  
- Donald Korb Blink Training, Blink Break*



NuLids is a quick, effective alternative or add-on for your lid massage and hygiene regimen.

Depending on the severity of your condition, treatments you do at home consistently may be enough. You may be given options for faster relief from in office treatments, while home therapies done consistently may eventually get you to the same goal, just more slowly. Depending on your individual case, in office procedures not only "Jump start" your treatment, but are the most effective way to treat your situation. At any rate, the effectiveness and longevity of procedures performed in office are enhanced by the consistent use of at home therapies.