



## **DRY EYE REGIMEN**

**PRIOR TO YOUR PRE-OPERATIVE APPOINTMENT**

To prepare your eyes for your pre-operative testing, please begin the following regimen to **BOTH EYES** as soon as possible and continue until instructed otherwise.

**Note:** This must be started no later than 2 weeks before your pre-op appointment. Do not use make-up or lotion on your face, or eyes the day of your pre-operative appointment as doing so can interfere with your pre-operative measurements.

**Preservative Free Artificial Tears** – One drop to both eyes 3 – 4 times daily or as directed

- ❖ Examples: Refresh Mega-3, Refresh Plus, Retain MGD, **Oasis Tears Plus** (In Office \$20.00 +Tax)

**Warm Compresses** – Use moist heat with massage to the base of the eyelashes nightly

- ❖ Moist heat used to open plugged glands, improve blood flow, regain free – flowing oils
- ❖ **Moist Heat Mask (Oasis):** Available at check out for your convenience (\$15.00 +Tax), OTC or online to alleviate the need to re-heat a washcloth; heat 20 seconds in the microwave (Patented Medibeads absorb water molecules from the air and release them as clean moist heat)

**Lid Scrubs** – Gently scrub eyelid margins at lash base

- ❖ Gentle pressure applied to clean the base of the lashes with Q-tip, cloth, or pad to remove bacteria, debris, and other inflammatory material. Use diluted baby shampoo
- ❖ Effective tea tree oil products: **Oasis Lid and Lash cleansing pads** (In Office \$30.00 +Tax), **Blephadex**, **Mediviz**, or **Optase** can be purchased online. **Avenova** spray (by prescription only)

**Nighttime “PM” gel drops** – Once nightly before bedtime, OTC product. Humidify air; avoid fans

- ❖ Gently pull – down lower lid and squeeze a small amount into both eyes  
Examples: Refresh gel drops, Genteal PM, or Systane PM
- ❖ Use before bed. Will temporarily blur vision so use just before bed; wash residue from lashes in the morning

**CONTACT LENSES:** If you wear contact lenses, they **will need to be out** for a certain amount of time prior to your pre-operative appointment and prior to your surgery.

- ❖ **Soft Contact Lenses** – 2 weeks prior to your pre-operative appointment for measurements
- ❖ **Hard Contact Lenses** – 6-8 weeks prior to your pre-operative appointment for measurements (Unless otherwise noted by the doctor)