

DRY EYE 360

Custom Care For Your Eyes



Your doctor has recommended the following treatment options:

Patient Name:

Diagnosis:

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Dry Eye | <input type="checkbox"/> Meibomian Gland Dysfunction |
| <input type="checkbox"/> Blepharitis | <input type="checkbox"/> Stye/Chalazion |

Treatment:

Recommended Products:

- | | |
|--|---|
| <input type="checkbox"/> Eyelid Cleansing
___ x daily | <input type="checkbox"/> OCuSOFT® Lid Scrub® Original |
| <input type="checkbox"/> Artificial Tears/
Emulsion | <input type="checkbox"/> OCuSOFT® Lid Scrub® PLUS |
| <input type="checkbox"/> Liposome Spray | <input type="checkbox"/> Retaine® CMC™ Lubricant Eye Drops |
| <input type="checkbox"/> Ointment | <input type="checkbox"/> Retaine® MGD™ Ophthalmic Emulsion |
| <input type="checkbox"/> Moist Heat
Therapy
___ min
___ daily | <input type="checkbox"/> Tears Again® advanced Liposome Spray |
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Tears Again® Eye Ointment |
| <input type="checkbox"/> Other | <input type="checkbox"/> Tranquileyes™ Beads |
| | <input type="checkbox"/> Tranquileyes™ Moisture Release Eyewear |
| | <input type="checkbox"/> Tears Again® HYDRATE™ (Rx) |
| | <input type="checkbox"/> _____ |

Additional Notes:



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Dry, Scratchy, Irritated Eyes?

Complete Relief
Starts With

DRY EYE 360

Welcome to

DRY EYE 360

your one and only source for innovative therapies to treat the signs and symptoms of Dry Eye.

Eye irritation can be subtle or extreme ranging from the occasional dry or gritty sensation to ongoing tearing and discharge. Every time you blink, the surface of your eye is protected with a new tear film consisting of three layers; an outer oil layer, middle aqueous layer and an inner mucin layer. When there is an excess or lack of any of these three layers, a condition called Dry Eye can develop. This imbalance in the tear film may directly relate to the eyes or rather, the eyelids where a series of glands (meibomian glands) secrete oils for lubrication and corneal protection. When these glands become clogged, a condition called Meibomian Gland Dysfunction results.

Unfortunately, symptoms are not always noticeable, especially in the early stages, so it is important to have your eyes examined regularly. Being proactive about treatment will help prevent further deterioration and avoid more serious conditions. Only your doctor knows what's best for you so follow their instructions carefully.



Depending on the severity of your symptoms, your doctor may recommend the following treatment options:

EYELID CLEANSING

For healthy eyelids which are important for healthy eyes, practice good eyelid hygiene every day by thoroughly removing excess oil, pollen, makeup and other debris with an eyelid cleanser. Without proper cleansing, irritated eyelids can lead to inflammatory conditions and dry eyes.

ARTIFICIAL TEARS/EMULSION

By resembling your own natural tears, specifically the aqueous layer of your tear film, artificial tears provide immediate relief of dryness and irritation.

When these types of eye drops are not enough, ophthalmic emulsions (oil and water) provide long-lasting relief by replenishing the oil layer of the tear film, sealing in moisture and protecting against evaporation.

LIPOSOME SPRAY

For added relief throughout the day, liposome sprays soothe eyelid irritation while improving the overall comfort of your eyes. Simply close your eyes and spray.

OINTMENT

With a thicker consistency, ointments offer additional lubrication and protection while minimizing the need for frequent instillations. Excellent for night time use.

MOIST HEAT THERAPY

The combination of moisture and heat helps unclog glands in the eyelid that produce the oil layer of the tear film and prevent the evaporation of tears.

NUTRITION

Therapy with supplements can often resolve Dry Eye problems providing long term relief. A proper balance of Omega-3 and Omega-6 Essential Fatty Acids (EFAs) offers anti-inflammatory properties that aid in the natural healing of the tear film.

NATURAL TEAR CONSERVATION

To conserve your own natural tears, temporary or permanent silicone plugs can be inserted into tear ducts to "plug" the drainage and retain moisture.

PRESCRIPTION THERAPIES

To reduce ocular surface inflammation, anti-inflammatory therapies such as cyclosporine and oral doxycycline may be prescribed.