

VISION SOURCE

A GO-TO GUIDE ON HOW TO GET STARTED

You have been diagnosed with Dry Eye Disease. If left untreated, this can become serious and affect your ability to function comfortably throughout the day. It is important to complete the recommended regimen daily and follow up as advised, even if your symptoms subside.



HYGIENE

Bacteria can breed on the lid margin and between the lashes. Toxins are then released into the tear film, which induces inflammation and redness. It is important to clean the eyelids thoroughly morning and night.

HEAT THERAPY

The eyelid is lined with oil glands responsible for creating the most critical component in the tear film. However, poor diet and systemic inflammation cause the oil to thicken and the glands to become clogged. Inadequate oil levels equate to premature tear evaporation and subsequent burning and visual disturbance. Daily heat therapy can help thin the oil and increase its flow into the tear film.

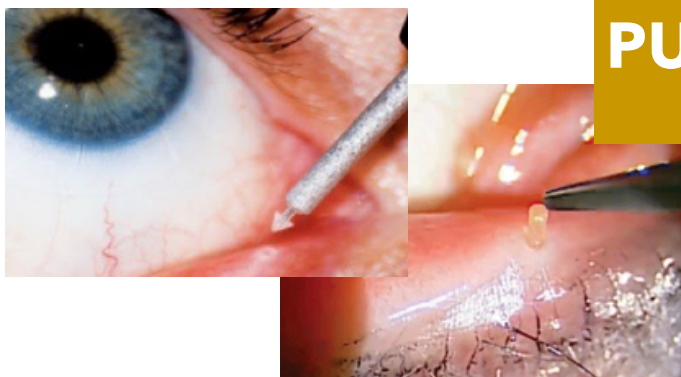


NEUTRACEUTICALS

Inflammation is often the driving force of dry eye disease. It has many secondary effects such as thickening of the oil and degradation of both the oil and water glands. Nutraceutical therapy is proven to decrease inflammation systemically, which also helps to subside inflammation locally. Additionally, it can thin the oil and increase its flow into the tear film.

Follow Up Treatment Options

You'll need to follow up once your initial treatments have had time to take effect. If improvement is not significant, a full dry eye evaluation is needed. Below is an introduction to the "next level" treatments you may need.



PUNCTAL OCCLUSION

There is a hole on the inner corner of each lid by which the tears exit. When you have low tear production a/o your tears evaporate quickly, it is helpful to slow down the drainage of the tears. This is done via a simple, painless process using dissolvable (collagen) or silicone plugs.

PHARMACEUTICALS

If long term anti-inflammatory therapy is warranted, an immunomodulator drop is prescribed twice per day. However, it may take up to three months to take effect. If short term therapy (or additional therapy) is needed, a steroid drop will be prescribed. You will feel the benefit much quicker, but it is typically not recommended for long term use.

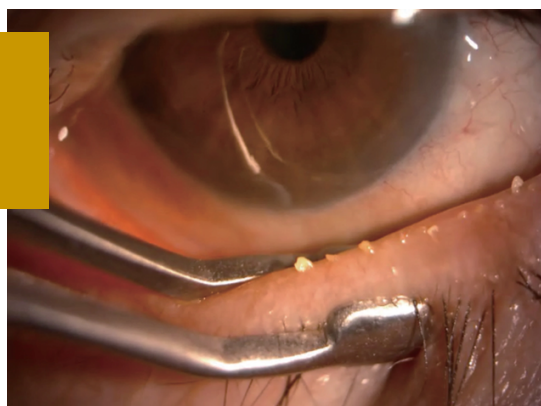


BLEPHAROEXFOLIATION

There are multiple benefits of using this device at home daily. The cleaning is thorough, creating a pristine lid margin and tear film. The massaging action helps evacuate and stimulate the oil glands. It also helps with blood circulation and fluid retention to relieve thick, puffy eyelids.

IN-OFFICE EXPRESSION

When at home therapies are not enough, manual in office expression of the glands is performed. The lids are first warmed with heat therapy and then special tools and techniques are used to evacuate the clogged oil from the glands.



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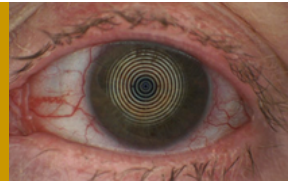
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Follow Up Treatment Options

Your complete treatment plan has not yet been finalized because a full dry eye evaluation is necessary in order to determine the underlying cause of your dry eye and pair it with targeted treatments. Below is an introduction to a few of the common causes and "next level" treatments that you may need.

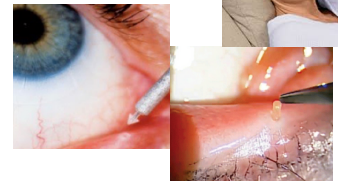
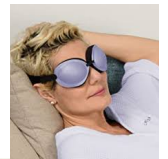
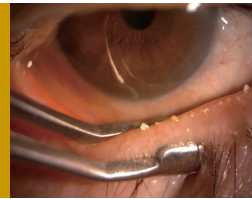
INFLAMMATION

- Signs: Inflamed lid margin, redness, corneal damage
- Symptoms: Tearing, light sensitivity, pain
- Treatments:
 - Steroid drops are prescribed for acute relief to help calm the eye
 - Immunomodulator drops are prescribed for long term anti-inflammatory therapy
 - Autologous blood serum drops are made from your own blood and can be used as frequently as desired to soothe and heal
 - An amniotic membrane patch is placed on the eye for several days in order to heal and strengthen the damaged cornea



MEIBOMIAN GLAND DISEASE (MGD)

- Signs: Quick tear evaporation, stagnant oil glands a/o thick meibum (oil)
- Symptoms: Must blink to see better, burning
- Treatment:
 - Warm compress for 15 min with a mask that delivers 102-110 degrees of moist heat
 - In office heat therapy followed by therapeutic gland expression
 - Punctal occlusion of the drainage canal in the eyelid via quick & painless insertion of a small plug slows tear evacuation



BACTERIA

- Signs: Lash debris, scurf, collarettes, inflamed lid margin
- Symptoms: Itching, crusting, discharge
- Treatment:
 - Lid scrubs with more highly concentrated products
 - Twice daily application of hypochlorous acid has broad spectrum antibacterial activity as well as anti-inflammatory benefits
 - At home blepharoxfoliation with a handheld device to clean the lid margin painlessly, while massaging the lids to aid with oil flow



LID FUNCTION

- Signs: Poor lid seal during sleep, partial blinks, droopy or outwardly rotating lower lid, eyelashes growing in, excess conjunctival tissue
- Symptoms: Pain or dryness upon awakening, burning while reading, redness, fluctuating vision
- Treatment:
 - Hydrating sleep mask creates a moisture chamber during the night
 - Blink exercises help create muscle memory and consistent

