

SIMPLE

MORE CHALLENGING

MANAGE

PATIENT-APPLIED

Dry Eye Disease education
Maintain hydration
Increase Omega 3 level with oily fish/essential fatty acid supplementation
Locally placed humidifiers

Avoid Local Environmental Triggers

Wind, smoke, pollution, car fans, air vents, etc.

Increase Blink Rate

Recommend breaks from intense near-work, especially when using digital devices
Blink reminders on digital devices

Apply Topical Lubricants

Consider risk of preservative toxicity
Consider lipid-containing lubricants

Use Lid Wipes/Scrubs

For anterior blepharitis
Anti-demodectic wipes for Demodex blepharitis
Apply caution with baby shampoo use

Apply Warm Compress Treatments

If patient has Meibomian Gland Dysfunction

IN OFFICE

Lid hygiene
Demodex management
Lid margin debridement
Thermal pulsation therapy
Intense pulsed light therapy
Punctal occlusion

PRESCRIBED

Topical Medications

Antibiotics
Azithromycin
Corticosteroids
Topical secretagogues
Immunomodulators (cyclosporine, tacrolimus, lifitegrast)
Ointments

Oral Medications

Antibiotics (tetracyclines, macrolides)
Oral secretagogues

Therapeutic contact lenses

Scleral lenses
Bandage lenses

PROCEDURES

Autologous/allogeneic serum

Amniotic membrane grafts

Surgical methods