



Dry Eye Treatment Plan

Plan A:

_____ **HydroEye Supplements**- 4 capsules per day for 3 months. Can try to reduce after 3 months to 2-3/day. If already taking Omega 3, either discontinue current Omega 3 or increase Omega 3 intake and DO NOT take HydroEye.

_____ **Blinking Exercises** - see separate form

_____ **Heat Mask** - Bruder Mask 1-3 times daily (more is better)

_____ **Tears** - Oasis Plus (or other lipid based drops)

_____ **Biologics** - ReGenerEye drops 4x/day with the first bottle, then 2x/day with the second bottle, then 1x/daily with the third bottle. 1 bottle (60 drops) = \$80.00 or 3 bottles for \$180.00 (25% discount)

Plan B:

_____ **LipiFlow** - utilizes Vectored Thermal Pulsation technology with a patented algorithm of heat applied to the inner eyelids with gentle massage to remove blockages from the Meibomian glands. This restores the natural oil flow to the tear film. The cost is \$1100 for both eyes (except on LipiFlow days 1x/month, when it's discounted to &750). Effectivity is typically greater than 2 years. We offer Care Credit for this treatment as well as take health savings / flex spending accounts

Adjunct Therapies:

_____ **Eye drops:** _____ Xiidra drops 2x/day (call 844-694-4747 for questions on insurance coverage)
_____ FreshKote 3x/day
_____ Oasis and/or Retaine drops 3x/day
_____ Steroid drops (Lotemax gel, Pred Acetate, FML, Dexamethasone)
4x a day x 1 month, 2x a day x 1 month
_____ Restasis (prescription eye drops)

_____ **Autologous Serum drops** - Blood is drawn at a lab and the serum is used to make eye drops at a compounding pharmacy. NuCara Pharmacy, 6111 Burnet Rd. Ph 512-454-9923 Fax 512-454-9866 \$60 at lab, \$135 for 2 month supply.

_____ **ZocuFoam Eyelid Cleanser and Moisturizer** - Use 1/2 pump on fingertips to clean lid and lash area. Then spread to the rest of the face for cleansing. Another option would be the ZocuWipes Eyelid Cleanser and Moisturizer, or ZocuShield gel (use with a Qtip to cleanse lids)

_____ **BlephEx treatment** - We recommend having the eyelid area professionally cleaned every 4-6 months. (\$75/eye)

_____ **Azithromycin** - 500mg Day 1, 250mg Days 2-5.

_____ **Amniotic Membrane** - The membrane is applied to the cornea and a contact lens is placed over the membrane. The amniotic membrane reduces inflammation and promotes healing and is very effective for dry eyes. Insurance may or may not cover it, we will try to get a pre-authorization before application. The cost is \$3200.00 for both eyes without insurance.

_____ **Scleral Contact Lenses** - These can be used in severe conditions. They are rigid gas permeable lenses that cover the cornea and some of the conjunctiva and acts like a shield. The cost is approximately \$2000, insurance rarely covers it.