



## 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)

\_\_\_ **Biologics** - ReGenerEye drops 4x/day 1st bottle. 2x a day 2nd bottle, and 1x a day for 3rd bottle. = \$95.00 or 3 bottles for \$189.00 (\$96.00 savings)

### Plan B:

\_\_\_ **Light & Thermal Therapy** - LLLT (photobiomodulation), IPL (intense pulsed light) and LipiFlow (thermal pulsation). These therapies will reduce inflammation, unblock Meibomian oil glands, firm skin & improve tear film.

\_\_\_ Three LLLT, three IPL and one LipiFlow Package fee is \$1600.00 (individually, cost would be \$2900.00)

\_\_\_ Three LLLT and one LipiFlow Package fee is \$1400.00 (individually, cost would be \$2000.00)

\_\_\_ Three LLLT and three IPL (no LipiFlow) Package fee is \$800.00 (individually, cost would be \$1800.00)

### Adjunct Therapies:

\_\_\_ **Eye drops:** \_\_\_ Xiidra drops 2x/day (call 844-694-4747 for questions on insurance coverage)

\_\_\_ FreshKote 3x/day

\_\_\_ Optase or Oasis 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)

\_\_\_ **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.

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

\_\_\_ **ZocuShield** - Apply lightly to lid margins with fingertips at night.

\_\_\_ **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 \$2300.00, insurance rarely covers it.