

DRY EYE CLINIC

What is dry eye?

Dry eye is a multifactorial disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbance and tear film instability. Potential damage to the ocular surface can occur with dry eye and it can be accompanied by increased osmolarity of the tear film and inflammation of the ocular surface.

During your dry eye clinic appointment, a series of evaluations will be performed to determine the cause of your dry eye. Knowing what is causing your dry eye will help your doctor determine the best treatment option.

When it comes to treating dry eyes, no two individuals are the same, which is why we'll customize your treatment specifically to your needs and situation.

Treatment & Diagnosis Checklist

✓ Treatment & Description

- CDEA Questionnaire:** Determines dry eye severity
- Tear Osmolarity Test:** Measures the osmolarity ("saltiness") of your tears
- Schirmer's Test:** Measures tear production
- Fluorescein staining & TBUT:** Pattern and amount of staining of tear film
- Lissimine Green:** Pattern and amount of dryness in conjunctiva
- Meibomian gland uncapping:** Golf spud instrument is used to open glands
- Meibomian gland expression:** Mastrota paddle is used to express the meibomian glands
- Omega 3 supplements:** Essential oils build the lipid layer in the tear film
- Eyelid cleansing:** Antimicrobial cleansing using tea tree oil
- Blephasteam Goggles:** Eyelid warming device used in 10 min sessions
- Bruder Heat Hydration Mask:** Used to improve meibomian oil gland function/ release
- Non-preserved Tear Supplement:** Replenish, moisturize and comfort the ocular surface
- Topical Steroid:** Used for a short duration to settle any chronic inflammation
- Topical Cyclosporine (Restasis):** Used to treat chronic inflammatory dry eye
- Punctal Plugs:** Device inserted into tear ducts to prevent drainage of tears
- Lid Wipes:** Helps to manage inflammation using tea tree oil

Unfortunately, dry eyes tend to be a chronic condition that can be difficult to overcome without treatment and a change in lifestyle and habits. Proper treatment of dry eye, however, is important not only for your own personal comfort, but also for the overall health of your eyes.