

Dry Eye Treatment Recommendations



Lifestyle & Environmental Adjustments

- ☐ Take regular screen breaks (“20-20-20 rule”)
- ☐ Use a humidifier at home/work/car
- ☐ Wear sunglasses outdoors (*wind/sun protection*)
- ☐ Wear sleep mask
- ☐ Stay hydrated (*Male: ~15.5 cups, Female: ~11.5 cups*)

Over-the-Counter Treatments

- ☐ Artificial tears (*preservative free preferred*) _____ times/day  right/left/both
- ☐ Lubricating gel – ointment at bedtime  right/left/both
- ☐ Warm compresses w/ massage (*microwavable eye mask: 10-15sec microwave, 10mins on eyes*)
- ☐ Lid hygiene (*e.g., lid scrubs/foam cleanser*)

Prescription Treatments

- ☐ Anti-inflammatory eye drops 2x/day (Restasis – Xiidra – Vevye – Cequa – Klarity-C)  right/left/both
- ☐ Steroid drops (*pink cap*) _____ times/day for _____ days/weeks  right/left/both
- ☐ Oral omega-3 supplements _____ mg _____ times/day
- ☐ Oral doxycycline _____ mg _____ times/day for _____ weeks
- ☐ Xdemvy 2x/day for _____ weeks
- ☐ Miebo _____ times/day

In-Office Procedures (**may require referral to UHCO Dry Eye Center**)

- ☐ Punctal plugs (*tear duct occlusion*) _____ upper/lower  right/left/both
- ☐ Thermal pulsation therapy (*e.g., LipiFlow*)
- ☐ Intense Pulsed Light (IPL) therapy, _____ sessions
- ☐ Low level light treatment (LLLT), _____ sessions
- ☐ Amniotic membrane placement  right/left/both
- ☐ Microblepharoexfoliation

Follow-Up:

- ☐ Recheck in _____ weeks/months/as needed with **Dr. Shah** in Family Practice/Contact Lens/Dry Eye
- ☐ Referred to UHCO Dry Eye Center

Provider Signature: _____

Date: _____