

# DRY EYES

## GENERAL GUIDELINES

### Options for management of dry eyes

- Artificial Tears at least every 2 hours or more frequently if needed; suggest Thera-Tears®
- Viscous ointment at night (i.e.. Refresh PM®, Celluvisc®)
- Lacriserts® Cellulose Ophthalmic Insert (5 mg) with applicator. One application in each eye once daily
- Restasis® (cyclosporine eye drops)
- Cauterize/plug tear ducts: lower ducts first; cauterizing upper ducts can add to symptom relief
- Flax seed oil, two tablespoons by mouth daily, can be mixed with juice or other foods
- Evoxac® (cevimeline) 30 mg three times a day (begin once daily and gradually increased to three times a day to reduce side effects) **Contraindication: glaucoma, heart disease and asthma.** Drug interactions and toxicities must be reviewed prior to starting treatment.
- Autologous serum eye drops
- Occlusive eye wear / Moisture chamber eyeglasses wear
- Gas-permeable contact lens “Boston® scleral lens prosthetic device” ([www.bostonsight.org](http://www.bostonsight.org))

Below some websites as resources for patients and medical providers:

[www.dryeyepain.com](http://www.dryeyepain.com)

[www.dryeyezone.com](http://www.dryeyezone.com)

[www.panoptx.com](http://www.panoptx.com)

<http://www.sportclix.com>

[www.globalvision.us/products/goggles/styles/nitrosm.php](http://www.globalvision.us/products/goggles/styles/nitrosm.php)