

Dry Eyes / Blepharitis Instructions

Lid Scrubs (1-2 times per day) (can be performed while in the shower)



Use a warm washcloth with baby shampoo or store-bought OCuSOFT (Lid Scrubs) to gently scrub both upper and lower eyelids for your daily lid hygiene.

This removes debris and opens up the oil glands along the eyelashes to prevent styes and improve dry eyes.

Warm Compresses (1-2 times per day as needed)



Place uncooked dry rice in a clean sock and tie it off (make it the size of a tennis ball) and microwave for 25-35 seconds until it is warm and use as a warm compress for 10-15 minutes on closed eyelids.

This will warm the oil glands of the lids and help with dry eye, eye irritation and styes.

Artificial Tears



** 1 drop in both eye(s) as needed for irritation, redness, dry eye discomfort.**

Over the Counter: Systane, Blink, Refresh, TheraTears

Sold at Checkout or Online: Oasis (individual vials) - Each vial has around 15-20 drops and can be recapped and used for 1-2 days.

Prescription Medications for Dry Eyes: Restasis / Xiidra / Cequa --1 drop in both eyes twice daily.

Medications and Ointments



Over the Counter: Systane Gel / Refresh PM ointment. Place thin strip of ointment into **both** eye(s) at night before bed.

Medication Ointments: Maxitrol (Neo-poly-dex) / Tobradex, / Erythromycin / - Apply thin strip nightly / 2-3 times daily for 10-14 days as needed.

Doxycycline oral antibiotics pills - 1 pill twice a day for 14 days.