

HEALTHY TEARS BUNDLE

Way to go, you're now on your way to maintaining healthier tears!

4 Sight iCare



Proper use of this eyelid hygiene kit can prevent Styes (lid infections), Pink Eye, Blepharitis (lid inflammation), and **MGD (Meibomian Gland Dysfunction)** the same way we prevent cavities with toothpaste, floss, toothbrushes, and mouthwash. Eyelid hygiene is part of any treatment plan to maintain healthy tears along with eye drops to refresh your tears until gland function returns to normal just as a breath mint refreshes your mouth between brushes. You may even prevent expensive in-office procedures like **Tear Care Treatment (TCT)** used to reverse **Dry Eye Disease (DED)**. Our mission is to help you SEE YOUR BEST and healthy tears are essential to high quality vision.

Currently, **DED** afflicts over 49 Million Americans and the most prevalent form of Dry Eye Disease is **MGD**; up to 86% of all **DED** patients suffer from **MGD**. Of course, it can be part of a multifaceted problem: at your **DEA (Dry Eye/Allergy Assessment)** you may also be prescribed anti-allergy drops or other medications for **DED**; you may even be invited back for procedures like punctal occlusion, specialty contact lenses, or **Tear Care Treatment (TCT)**. There are 4 severity levels of **MGD**; see the reverse side of these hygiene instructions for more detail.

INSTRUCTIONS (up to once a day for pre-MGD vs. twice a day for all other levels of MGD):

Step 1) Disinfect: Spray hands & closed eyelids with Lid Prep (free refills available) or wash both with soap & water.

Step 2) Warm: Apply a quality warm compress for >5 minutes; use instructions along with a cotton liner if desired.

Step 3) Cleanse: Apply 1-2 pumps of the Tea Tree Oil cleanser to your fingers or a cotton round and clean your lashes and face. If prescribed an eye drop, this is the perfect time to add that refreshing lubricant to each eye.

Step 4) Replenish: Take 1 EZ Tears omega-3 capsule up to twice a day; the building blocks of healthy oil production.

1) **Normal:** Functioning Meibomian Glands (**pre-MGD**). An occasional spray of hypochlorous solution on our closed eyelids is safe and effective for all ages 3 and up, so please share Lid Prep with the rest of your family for routine disinfection of the lashes and skin around the eyes; the bottle comes with free refills at every office visit until the date of expiration on the bottle. Use the bundle as often as desired; prevention and maintenance of a healthy tear film is best if you develop a routine, so use the Healthy Tears Bundle (HTB) on the same day(s) of the week **up to daily**.

2) **Mild MGD:** Is a **quality of tears problem** much more than a quantity problem. When our glands produce a thick, discolored ooze or silly string-like toothpaste rather than clear meibum the tears are out of balance and the ocular surface suffers. Intervention at this stage can prevent meibomian gland “drop-out” and return the tears to natural homeostasis. Follow the steps on the reverse of this form **at least once daily** to maintain a healthy tear film. A special kind of eye drop may be prescribed that provides an artificial imitation of your natural tears. **Mild MGD is the first stage we consider prescribing Tear Care Treatment (TCT) to normalize your natural tears.**

3) **Moderate MGD:** When tear production is halted and/or nutrients are withheld from the meibomian glands they atrophy; this is known as gland “drop out” — those suffering from **Moderate MGD** have lost between 1 and 5 meibomian glands per eyelid. The glands that have died cannot contribute toward your tears but those that remain can produce better quality meibum if you use the Healthy Tears Bundle **up to twice daily**. To jump start the repair of the gland health we **must initiate Tear Care Treatment (TCT)** in office as well. **Preservative Free Artificial Tears (PFAT’s)** may be necessary on an ongoing basis; at this stage you can expect to need PFAT’s 1 to 10 times per day. The frequency of PFAT use is a strong indicator of your symptom severity. Keratinization along the junction between the skin and the soft tissue inside the eyelid may develop; if so it is removed mechanically at follow up medical visits.

4) **Severe MGD:** Once 6 or more meibomian glands have been lost per eyelid it is exceedingly difficult to produce enough meibum from the remaining glands to compensate. **Repeated TCT** and advanced home therapy beyond the **HTB** can reduce dependence on PFAT’s to just 4 to 20 times per day. Without repeated intervention and aggressive treatment of the **DED**, all glands could be lost leaving some to fully replace their natural tears with artificial drops dozens of times a day. If 100% gland drop-out is reached, no amount of in-office treatment can return one’s natural tears to normal. Natural tears are the best remedy to restore a healthy ocular surface and severely deficient gland production of the oil layer of your tears requires use of the Healthy Tears Bundle **at least twice daily**.