



- DEA: (Dry Eye & allergy Assessment)**
- HTB: (Healthy Tears Bundle)**
- TGT (Tear Gland Treatment)**
- LLT (Lids & Lashes Therapy)**

Prevent and/or treat: Styes, Eyelid Inflammation, Meibomian Gland Dysfunction & Dry Eye Disease



At **4Sight iCare** we are pro-active rather than re-active toward eye disease. Often, the first noticeable symptom of a blinding eye disease is permanent vision loss, but signs of the condition found at a comprehensive eye exam far precede symptoms. Prevention is the best medicine! Although not typically blinding, due to its prevalence we've been working to reduce the debilitating complications of **Dry Eye Disease (DED)**: dry, scratchy, sore, burning, red, watery, itchy, irritated, fatigued, or gritty/sandy eyes; it can even cause vision to fluctuate on blink. To tackle this issue we have taken steps to improve eyelid hygiene before irreversible disease. This has been the driving force behind the **Healthy Tears Bundle (HTB)**; curated OTC products that prevent & treat styes, blepharitis (eyelash parasitic infestation and/or eyelid inflammation), **Meibomian Gland Dysfunction (MGD)** and **DED**. We encourage every adult to use eyelid hygiene like the **HTB** once a week to maintain healthy tears. Your doctor may prescribe a **DEA (Dry Eye & allergy Assessment)** visit to track change while managing cases of **DED**; severity and trend of change impact the prescribed frequency of the **HTB** and/or use of in-office treatments like **Tear Gland Treatment (TGT)**.

As of the update of this document (winter of 2025), 50 Million Americans suffer from the complications of **Dry Eye Disease (DED)**; that's **1 in 8 people** harmed by this debilitating condition of the ocular surface. At each annual comprehensive eye exams we now screen the production quality of the Meibomian glands because **MGD** is the direct cause in more than 86% of cases of **DED**. At a Dry Eye & allergy Assessments we perform a thorough evaluation of the signs of Dry Eye Disease and assess ocular allergy by performing: fluorescein staining of the cornea, Tear Break Up Time (TBUT), infrared imaging of the glands, and schedule specialty services including those that reset the glands back to baseline. Specialized Dry Eye treatments beyond eyelid hygiene at home with the **HTB** include: punctal plug procedures (\$\$\$), prescribed Preservative-Free Artificial Tears (PFAT'S) (\$\$), prescribed drug treatments (\$\$\$\$\$), and eyelid gland rejuvenation that resets them back to baseline called **Tear Gland Treatment (TGT)** (\$\$\$) or professional lid and lash cleaning called **Lids & Lashes Therapy (LLT)** (\$\$). Severe **DED** causes serious damage to the ocular surface because a balanced, healthy tear film is critical to the maintaining health of the cornea (the "windshield" through which we see the world) and a healthy cornea helps you **SEE YOUR BEST!**



Healthy Tears Bundle (HTB) at home eyelid hygiene

Proper use of this eyelid hygiene kit can prevent **Styes** (eyelid infections), **Pink Eye**, **Blepharitis** (eyelid inflammation), and **MGD (Meibomian Gland Dysfunction)** the same way we prevent cavities with toothpaste/brush, floss, 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 in-office procedures like **Tear Gland Treatment (TGT)** used to reverse **Dry Eye Disease (DED)**. Our mission is to help you **SEE YOUR BEST** and healthy tears are essential to achieving and maintaining your best vision because you look through your tear film all day.

Currently, **DED** afflicts over 49 Million Americans and the most prevalent form of Dry Eye Disease is **MGD**; **up to 86%** of all Americans suffer from poor meibum. Of course, it can be part of a multifaceted problem: at your **DEA (Dry Eye & allergy Assessment)** we may prescribe OTC eye drops and/or medicated drops; you may even be prescribed procedures like punctal occlusion, specialty contact lenses, or **Tear Gland Treatment (TGT)**. 4 severity levels of **MGD** exist; see below the hygiene instructions for more detail:

INSTRUCTIONS (see frequency below based on your level of severity):

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

Step 2) Warm: Apply a quality warm compress for >5 minutes 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 & clean your lids & lashes. If prescribed an eye drop, this is the perfect time to add that refreshing, lubricating drop.

Step 4) Replenish: 1 EZ Tears omega-3 capsule up to twice daily; the building blocks of healthy tear oil.

1) Normal: Functioning Meibomian Glands (**pre-MGD**). Occasional spray of hypochlorous solution on closed eyelids is safe and effective for ages 3 and up; please share Lid Prep with your family for routine disinfection of the eyelashes, eyelids and the surrounding area of the face; 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; maintaining a healthy tear film is best done by developing a routine, so use the Healthy Tears Bundle (HTB) on the same day of the week with a goal of performing this maintenance **up to once a week**.

2) Mild MGD: It's a **quality problem** 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 **INSTRUCTIONS** above **up to once daily**. A special kind of eye drop may be prescribed as an artificial imitation of your natural tears. **Symptomatic mild MGD is the first stage we consider prescribing Tear Gland Treatment (TGT) to normalize your natural tears, resetting your basal tears back to baseline.**

3) Moderate MGD: When tear production is halted and/or nutrients are withheld, the glands may 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 gland health we **must initiate Tear Gland Treatment (TGT)** 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 symptom severity. **Keratinization** along the junction between the skin and the soft tissue inside the eyelid may develop across the top of the gland openings; if so this is **mechanically removed at the TGT**.

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 TGT** 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 patients to rely fully on the replacement of their natural tears with artificial drops dozens of times a day. If 100% gland drop-out is achieved, 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 meibomian gland production of your tears' oil layer requires use of the Healthy Tears Bundle **at least twice daily**.