

4Sight iCare

Prevent/Treat Styes, Blepharitis, Meibomian Gland Dysfunction in the Eyelids AND Dry Eye Disease with our Healthy Tears Approach



DEA: Dry Eye (& allergy) Assessment

HTB: Healthy Tears Bundle

LLT: Lid & Lash Therapy

TGT: Tear Gland Treatment



At 4Sight iCare we are pro-active about all eye disease, and proper eyelid hygiene can prevent Styes (eyelid infections), Pink Eye, Blepharitis (demodex mite infestation and/or eyelid inflammation) and **MGD (Meibomian Gland Dysfunction)**, a precursor to debilitating **Dry Eye Disease (DED)**. We all use oral hygiene to prevent tooth loss and gum disease; doing the same to maintain healthy tear glands can dramatically reduce the 50 Million Americans suffering from dry eye disease; **86%** of which have MGD. The **Healthy Tears Bundle (HTB)** is a curated collection of over-the-counter products that when used together have a synergistic effect like an electric toothbrush paired with quality toothpaste, floss and mouthwash. We encourage all adults to implement eyelid hygiene at

least once a month to maintain healthy tears because it is an affliction more common in adulthood. Your doctor may prescribe **DEA (Dry Eye [& allergy] Assessment) medical visits** to track change while managing and documenting the severity as well as prescribing treatment including the frequency of at home eyelid hygiene and in-office treatments like **Tear Gland Treatment (TGT)**.

At Dry Eye (& allergy) Assessments we perform thorough evaluations of the ocular surface and document these signs along with that of allergy: fluorescein staining, Tear Break Up Time, infrared imaging, and other specialized tests including questionnaires that quantify your symptoms. In Office treatments include: punctual plug procedures (\$\$\$), prescribed Preservative-Free Artificial Tears (\$\$), prescribed drug treatments (\$\$\$\$), a professional eyelid gland reset (back to baseline) called **Tear Gland Treatment (TGT)** (\$\$\$) or a professional lid and lash cleaning called **Lid & Lash 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 maintaining a healthy tear film is one way we help you **SEE YOUR BEST!**

Healthy Tears Bundle (HTB)

The graphic features a green background with a close-up of a human eye on the right. On the left, there are three icons: a stylized eye with a blue iris, a circular arrow with the text 'BREAK THE CYCLE', and a white bottle with a drop of liquid falling into a small white dish.

- 1) Disinfect with HOCl Solution
- 2) Warm the eyelids' tear-oil glands
- 3) Cleanse lids and lashes with TTO
- 4) Omega 3 DHA/EPA nutraceuticals



Healthy Tears Bundle (HTB): eyelid hygiene used at home to maintain healthy tears because **healthy tears = healthy eyes!**

INSTRUCTIONS (Steps 1-3 together + 4 anytime):

Step 1) Disinfect:

Spray hands & closed lids with Lid Prep or wash both with soap & water.

Step 2) Warm:

Apply quality warm compress for >5 minutes with a cotton liner if desired.

Step 3) Cleanse:

Apply 1-2 pumps of Tea Tree Oil Cleanser on fingers or cotton round and clean & rinse eyelid area. If prescribed, this is a perfect time for an eye drop.

Step 4) Replenish:

Take 1 EZ Tears or similar capsule up to twice daily; the building blocks of healthy tear oil (intake of at least 1,000 mg of EPA omega 3 in TG form daily).

FREQUENCY (Stages 1 to 4; the severity determines how often):

Stage 1) Normal (Pre-MGD):

Functional meibomian glands need the occasional spray of hypochlorous solution on closed eyelids, and it's safe and effective **for all ages**; 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 set a day of the week with the goal of performing this maintenance **up to once weekly**.

Stage 2) Mild MGD:

It's a **quality problem**, not necessarily a quantity problem; thick, discolored ooze or silly-string toothpaste rather than clear meibum puts your tears out of balance and the ocular surface suffers. Intervention prevents gland "drop-out" and returns the tears to natural homeostasis. Use **up to once daily**. Symptomatic mild MGD is the first stage **we consider Tear Gland Treatment (TGT)** to normalize your natural tears, resetting your basal tears to baseline. Your doctor may also prescribe an artificial tear or medication that mimics natural tears.

Stage 3) Moderate MGD:

When tear production is halted or nutrients are withheld, glands may slowly die off; this is known as gland "drop out" — those suffering from **Moderate MGD** have lost functionality of up to 5 meibomian glands. Those that have died cannot contribute toward healthy tears but those that remain can produce better quality meibum; use the **HTB up to twice daily**. To reset and prepare to repair gland health **we must initiate Tear Gland Treatment (TGT)**. **Prescribed eye drops may be used** on an ongoing basis; expect to need 1 to 10 drops per day. The number of eye drops used per day is a strong indicator of symptom severity. **Keratinization** along the junction between the skin and the soft tissue that often develops just inside the eyelid margin may also be **removed mechanically at the TGT**.

Stage 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 therapies can reduce dependence on eye drops to just 4 to 14 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**.