



Lana'i



Kahului



Pukalani



Hana

DRY EYES Meibomian Gland Dysfunction - Dry Eye Update 2023

1. WARM COMPRESSES / LID MASSAGE

Apply a warm moist towel, or preferably **BRUDER Mask** to eyes for 10 minutes twice a day, reheat as needed. Follow with lid scrub / massage with **Ocusoft lid foam**. (Currently available at our Pukalani location - it can be difficult to find on Maui.) (**Hypochlor spray** is the strongest lid hygiene treatment.)

2. ARTIFICIAL TEARS

It is recommended to use lubricant drops as needed, up to every hour.

Non preserved water based artificial tears are recommended

- ***Oasis Tears and Tears Plus***

Oil based artificial tears are recommended for moderate dry eyes:

- ***RetainMGD the ONLY non-preserved oil based tear in the market***
- *Systane Balance; Systane Complete*
- *Soothe XP*
- *Refresh Optive Advanced; Refresh Optive Mega-3*

3. *FISH OIL(omega 3 fatty acids)

Take 1000 mg 2x day. Omega 3 fatty acids decrease inflammation in the body. Recently, fish oil has been proven to be more effective than Flax seed oil.

Using the computer or prolonged near work decreases our blink rate and can exacerbate symptoms of dry eye. Take frequent breaks if possible.

4. NuLids (portable electric lid brush)

This is a dry eye management system designed to open up the meibomian gland openings

Use with Hyperchlor Gel

Schedule a demo and training at Maui Optix