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& Associates**

Dry Eye Care Instructions

- Preservative Free – Artificial Tears
 - 1 drop, 2 to 3 times a day, taken daily
 - Any brand (Theratears, Refresh...)
 - Refresh Night Time Eye Ointment
 - Thick coat in the eye at night only, before bed
- Hot Compresses/Warm Lid Mask
 - Wash your hands thoroughly
 - Moisten clean wash cloth with warm water or warm eyelid mask in microwave
 - Close the eye and place washcloth or mask on eyelids for 5 minutes
 - Repeat several times daily
- Eyelid Scrub
 - Wash your hands thoroughly
 - Ocusoft lid scrubs (over the counter brand)
 - Tear open packet and gently rub back and forth across the eyelashes and edge of the eyelid margins for 3 minutes
 - Rinse with cool water
 - Repeat nightly
- Omega 3 fatty Acids Gel Capsule Therapy
 - ProOmega – 2 to 3 capsules taken daily
 - ProOmega 2000 – 1 to 2 capsules, taken daily
- Other