



[Stephen S. Wilmarth, M.D.](#)

DRY EYE TREATMENT

_____ Preserved artificial tears (reusable bottle) or non-preserved artificial tears (ampules) _____ times per day.

_____ Ophthalmic gel (Genteal, Systane & others). Apply ¼ strip inside the lower lid _____ times per day and bedtime.

_____ Ophthalmic ointment (Lacri-Lube, Duratears & others).
Apply a ¼" strip inside the lower lid at bedtime.

_____ Hot compresses and massage _____ times per day for 5 minutes.
Hot Eye Compresses may be purchased at pharmacies and on line.
Microwave to heat and wear for 5 minutes.

_____ Avenova to eye lid margins _____ times a day after compresses.

_____ PRN Omega 3 Fish Oil, 2 pills twice a day. Order through Dr. Wilmarth

_____ Flaxseed Oil 1000 mg. per day from your local pharmacy.

Many artificial tears are available in the marketplace. There is no way to predict which will be best for you. Please try different brands. If you use an artificial tear more than 6 times per day, consider the preservative free brands. Preservatives in reusable containers are highly toxic, so repeated exposure over many weeks and months may cause irritation and increase the symptoms of dry eye. Preservative free vials may be used more than once if kept cold.

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