

## Level I Dry Eyes Treatment

1. Watch for water intake (example: 60oz for someone weight 120lbs)
2. Watch for blink rate (full blink every 10-12 seconds)
3. Use humidifier at overnight or during computer use
4. Non-preserved artificial tears as needed during the day, lubricant ointment at bedtime.

For all eye medications: Wash hands prior to use. Do not touch tip of container to any surface. Recap after use (except for single use vials).

**Artificial Tears** can be purchased over the counter at any drugstore without a prescription.

- For mild to moderate dry eyes (use up to 4x/day)  
\*\*\*Do not use more than 4x/day unless you are using PRESERVATIVE FREE artificial tears. The preservatives may irritate your eyes and worsen dry eye symptoms\*\*\*
- For moderate to severe dry eyes  
\*\*\*May be used as many times per day as needed, as long as it is preservative free.\*\*\*



**Eye Lubricant Ointments** for use at bedtime.

