

Level I +II 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-preservative 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.



Omega 3 Fatty Acid



for follow direction on bottle

Flaxseed Oil

