

DRY EYE TREATMENT REGIMEN

A good healthy tear film prior to cataract surgery allows for the best possible eye measurements and surgical outcomes. The tear film is the outermost liquid layer that coats the surface of the eye. We recommend doing the following steps to improve your tear film 1-2 weeks prior to measurements for eye surgery.

If you have any questions, please call
or text us at 425-643-2020

www.overlakeeyecare.com



Overlake EyeCare, P.S.
We're Focused On You

DRY EYE REGIMEN

Start 1-2 weeks prior to measurements

WARM COMPRESSES

Apply a warm washcloth or heat mask to the lids for 1-2 minutes daily. The heat on the eyelids helps liquify thickened oil secretions that are clogging the meibomian glands so that the oils can flow onto the ocular surface.



LID SCRUBS



After doing your warm compresses, gently wipe along the upper and lower lash lines with either a commercial lid scrub (such as Ocusoft™) or a warm washcloth wrapped around your index finger.

OMEGA 3 OR FLAXSEED OIL SUPPLEMENTS

Take 1,000mg daily of any over the counter Omega 3 or Flaxseed Oil Supplements (capsule form) to reduce eyelid inflammation and improve the ocular surface.



ARTIFICIAL TEARS

Use 1 drop 4 times per day in both eyes before your measurements.

