

IQLV DRY EYE SOLUTIONS

PUNCTAL PLUGS



Helps tears remain on the surface of the eye by blocking the drainage (puncta).

- Collagen: temporary plugs that dissolve in three to six months.
- Hydrogel: form-fit plugs that permanently block the puncta
- Silicone: Permanently block the puncta but can fall out/be removed

AMNIOTIC MEMBRANE



Biological corneal bandage that can be used to heal and treat many ocular surface diseases.

- Made from processed amniotic membrane tissue, PROKERA has anti-inflammatory properties and growth factors that promote regenerative healing of the ocular surface

BLEPHEX



Clinical treatment of blepharitis through use of a medical grade micro-ponge that removes debris from lashes and exfoliates lid margin glands.

MiboFlo EXPRESSION (MBFX)



Heats and massages clogged eyelid glands which plays an integral role in stabilizing the tear film and preventing evaporation.

MiboFlo EXPRESSION WITH HYDROGEL PLUGS (PMBFX)



Combines the MiboFlo Expression treatment with Hydrogel plugs to the upper punctum.

LipiFlow



Automated treatment that applies controlled heat to the lids while applying pulsed pressure to the eyelids at the same time.

HEALTHY HABITS

- **20/20/20/2 RULE DURING LONG PERIODS OF COMPUTER USE AND/OR READING** Take a 20 second break looking 20 feet away every 20 minutes and close lids completely 2 times
- **BLINK MORE FREQUENTLY** (→10 times per minute)
- **WEAR SUNGLASSES**
- **DECREASE SMOKING AND ALCOHOL CONSUMPTION**
- **HUMIDIFIER AT HOME/WORK**
- **REMOVE EYE MAKEUP THOROUGHLY**

RECOMMENDED DRY EYE SUPPLEMENTS



OMEGA - 3 FATTY ACIDS
FISH OIL/FLAXSEED



DRINK WATER
>5 GLASSES



RED GINSENG
Rh4 and Rf2

OTHER DRY EYE SOLUTIONS

AUTOLOGOUS SERUM

Special drops made using components of own blood.

- Contains many important growth factors and nutrients normally found in healthy tears.

INTENSE PULSED LIGHT (IPL)

Used in a variety of dermatologic conditions. Improves dry eye symptoms by theoretically decreasing inflammation and improves gland function. Requires multiple treatments.

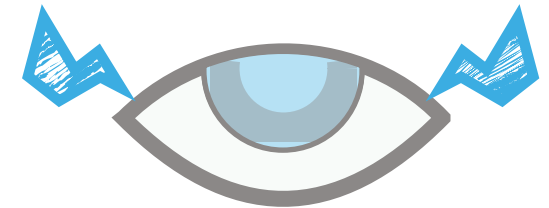
BLINK-RATE MONITOR

Increase the blink rate by raising awareness of poor blink habits during visual attention activities such as computer use, reading leading to dry eye.

GOT DRY EYES?

DEALING

WITH



DRY EYES



IQ LASER VISION

THE VISION ELITE

"Transforming lives by delivering clear vision"

THE #1 SMILE LASER VISION CENTER IN THE USA!

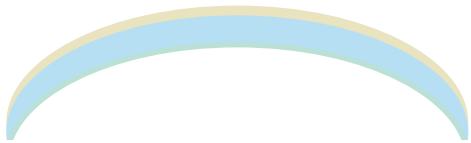
WHAT IS DRY EYE?

A COMMON, CHRONIC AND PROGRESSIVE DISEASE WITH MANY TREATMENTS AVAILABLE

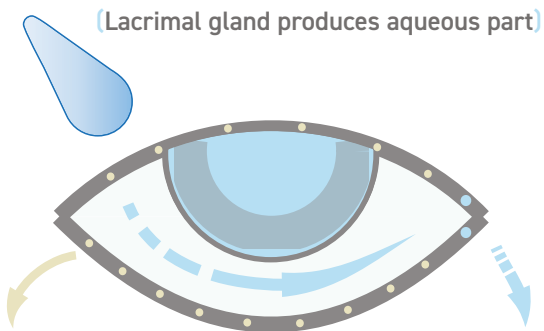
SYMPTOMS

CAN RANGE FROM NO SYMPTOMS TO REDNESS, BLURRED VISION, GRITTY SENSATION, SEVERE PAIN, AND INCREASED RISK OF INFECTION

TEAR COMPONENTS



- (Lipid) Prevents evaporation
- (Aqueous) Moisturizes
- (Mucin) Stabilizes



(Lacrimal gland produces aqueous part)

(Meibomian glands produce lipid)

Tears drain through the puncta into the nose

SELF TREATMENTS



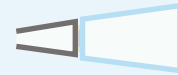
PRESERVATIVE FREE (PF) ARTIFICIAL TEARS

Preservative free lubricant that relieves symptoms caused by dryness.



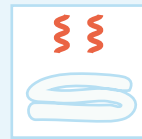
GEL / LIQUID GEL

Thicker than regular tears, thus lubricates the eyes longer. Can cause blurry vision immediately after use. Recommended for bedtime use.



NIGHTTIME OINTMENT

Even thicker than gel, longest lasting, prolonged blurred vision. Thus, also recommended for bedtime use.



WARM COMPRESS

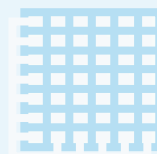
Softens the hardened meibum (oil) in the lids.

- Hot (but not burning) for 10 minutes, twice a day.
- More comfortable but less effective than MiboFlo
- Can use a hot towel (will need to be reheated) or specially made eye hot packs



LID HYGIENE + MASSAGE (AFTER 10 MINUTES OF WARM COMPRESSION)

• Oasis LID & LASH Gel Cleanser
• Avenova (with Neutrox)
- Daily Lid & Lash Hygiene



TEGADERM / BANDAGES

Breathable dressing that aids in protection of eyes with recent surgery. Also helps complete eye lid closure at night, preventing night time drying.



BABY SHAMPOO

1. Wash and clean hands.
2. Dilute 1 drop of baby shampoo with 3 drops of water.
3. Close the eye and gently cleanse lids using lateral side to side strokes.
4. Avoid touching the eye directly.

PRESCRIPTION DRY EYE SOLUTIONS



RESTASIS / CEQUA

Reduces inflammation associated with dry eyes. Helps produce more natural tears.

- Can take up to 90 days for full effect
- Burning sensation with use is normal for the first few weeks
- refrigeration can reduce symptoms



XIIDRA

Decreases inflammation associated with dry eyes.

- Theoretically more immediate effect than Restasis
- May also have burning sensation, medicinal taste
- refrigeration can reduce symptoms



REGENER-EYES

Sterile biologic eye drop made of anti-inflammatory cytokines and growth factors. These proteins have been shown to reduce inflammation and stimulate the ocular surface to heal, repair and regenerate.



STERIODS (SHORT TERM)

Short term use can help with inflammation, dry eye symptom relief and transition to Restasis and Xiidra. Long term use can cause increased intraocular pressure, risk of infection, cataract formation.



AZASITE

Helps clear unwanted bacteria in the lid region and can decrease inflammation of the meibomian glands, improving the production and flow of oil from eyelids.



TETRACYCLINES

Oral anti-inflammatory agent that can be used to treat ocular rosacea.

For more information on Dry Eyes, please call 888.919.2020



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