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Treatment plan for: Dry eyes/Blepharitis/Meibomian gland dysfunction

Treatment	Frequency
Lubricants: Thealoz duo drops/Thealoz duo gel VitA Pos Ointment Lacrilube Ointment	2 x /4 x /as needed per day or at night 2 x /4 x /as needed per day or at night 2 x /4 x /as needed per day or at night
Heat: Use an Eyebag Follow the instructions in the leaflet regarding heating time in microwave or oven. Place Eyebag on closed lids for 10 minutes - black side first then silver side.	1 x/2 x a day for 4/8/12 weeks. Then reduce to 1 x day or every alternate day for 4/8/12 weeks.
Lid Massage: Follows Eyebag Massage lower lid upwards using your fingertip (or cotton bud) - start from the inner corner moving outwards. Repeat 4 x. Then massage upper lid downwards using your fingertip - start from the inner corner moving outwards. Repeat 4 x.	1 x/2 x a day for 4/8/12 weeks. Then reduce to 1 x day or every alternate day for 4/8/12 weeks.
Lid Cleansing: Follows lid massage Use Blaphaclean wipes or Blepahsol Duo with cotton pads. Wipe along the lower lid - start from the inner corner moving outwards. Repeat 4 x. Wipe along the upper lid - start from the inner corner moving outwards. Repeat 4 x.	1 x/2 x a day for 4/8/12 weeks. Then reduce to 1 x day or every alternate day for 4/8/12 weeks.
Diet: Omega 3 Take Hyabak Caps 2 x day with meals.	
Water: 6-8 glasses a day PC use: Remember the 20/20/20/20 rule. Every 20 minutes look 20m away for 20 seconds and blink 20 times.	