

Your 90 Day Dry Eye Treatment Plan

You have been recommended the Dry Eye Treatment Plan below, which includes a combination of the latest preservative-free products recommend by eye specialists, lifestyle, dietary changes, capsules and eye exercises that will help to effectively and optimally manage your Dry Eye symptoms and will also help control any associated Blepharitis (eye lid inflammation) and Meibomium Gland Dysfunction that is also closely associated with Dry Eye Syndrome.

Your combined 6 step treatment plan should have a positive effect on both quantity and quality of all 3 layers of your tear film, improve the 'dynamic-balance' between all 3 tear layers, improve your tear film stability and reduce the inflammatory effects to both your cornea and eyelids that occur in dry eye syndrome that leads to the symptoms of tired, red, sore, irritated, stinging, watery, light-sensitive and gritty eyes you are experiencing and leave your eyes feeling fresh, cool and comfortable and looking whiter and brighter.

The combined treatment regime below has been clinically proven to help over 75% of patients with dry eye syndrome.

Step 1: Heat and Massage

- Eye Doctor Eye Mask



- Apply the Eye Mask every evening to your closed eyes for 10 minutes and then massage your eye lids as instructed

Step 2: Cleanse

- Blephaclean Wipes



- Cleanse your lids and lashes every evening after your eye mask heat treatment and massage. Open one blephaclean preservative wipe tear one wipe into 2 and clean away the oils and debris from your upper and lower eyelids and lashes following your heat mask and massage treatment.

Step 3: Eye Drops as advised

- Clinitas Soothe eye drops



- Apply Clinitas Soothe drops last thing at night after heat treatment, massage and cleansing. Use 1-2 drops in each eye. Apply same drop 1st thing in the morning. Use the same re-sealable vial.

- Thealoz eye drops



- Apply Thealoz a minimum of 4 times every day

Step 4: Take Omega 3 & 6

- Lagard Lacrima Capsules



- Take 2 capsules a day with food and water.

Step 5: Make The Following Lifestyle changes

- Drink 7 glasses of water per day including 2 glasses in the morning on waking (empty stomach)
- Reduce your weekly alcohol intake ideally to zero or reduce by a minimum of 50%
- Reduce your daily cigarette smoking ideally to zero or reduce by a minimum of 50%
- Reduce your intake of breakfast cereals and processed bread by 50%

Step 6: Complete The Following Blinking Exercises Daily

- 10 times throughout the day with a minimum of 10 complete blinks as described below

Your eyes should be closed slowly and gently, as if you were closing them to fall sleep. Do not screw up your eyes, but ensure they are gently but fully closed – keep the eyes closed for 3 secs and then re-open your eyes. Repeat this correct blink process 10 times and repeat this process a further 10 times throughout the day. The exercises can be performed with or without contact lenses, but not while engaged in situations requiring concentrated attention such as reading or driving.

Your Done!

You should make an effort to incorporate your plan into your daily routine, so that it becomes a ritual like brushing your teeth or having a shower. You should use this plan to include a balanced diet including 7 portions of fresh fruit and vegetables every day.

Medical and Legal Confirmation

By registering for the **90 Day Dry Eye Treatment Plan**, I understand that the treatments offered are for the treatment and relief of mild, moderate Dry Eye Syndrome, Blepharitis and Meibomium Gland Dysfunction and symptoms that arise from these conditions but no other medical condition related to my eyes. Although all the advice provided is evidence-based and backed by clinical trials, I understand results may vary from person to person and that I should not use the information provided as a substitute for a formal diagnosis of my condition from my GP, an Optometrist or Eye Specialist. In the unlikely event my symptoms do not improve within 30 days, I will consult my GP, my Optometrist, Eye Specialist or Visual Answers Optometrists for a complimentary 1-2-1 consultation. I understand if after completing the treatment plan outlined above for 30 days, I do not feel an improvement in my eyes, I reserve the right to return any unopened and unused products at the end of 30 day trial period for a full no quibble refund. I confirm that if I am not using a blood thinner such as Warfarin or any serum lipid-lowering drugs or pregnant or breastfeeding. I also confirm I will read and follow the instruction leaflets in the products that I have ordered and have the FAQ section of the www.dryeyetreatment.co.uk website and will follow the instructions provided.