

Dry Eye / Rosacea Info from

ROSACEAEYE.COM

STEP ONE :

Daily warm compresses for 2 minutes followed by massage of the lid margin .

Thera Pearl Gel pack is available for \$10 from Shoppers .

Sometimes ,the gel pack does not seem to help and there is a more expensive moisture bead pack available from our office for \$ 30 . Try the cheaper option first.

Artificial tears that you can use 2-5 times per day are :

Refresh optive

Systane Ultra or Gel

Liposic drop and Gel

If you need to use drops more than 5 x day then use liposic Gel AND Hylo or Hybak.

Hylo -drops (no preservative) . Shoppers \$45

Hyabak (no preservatives) \$24 online Amazon.ca.

iMED preservative free drops (similar to hylo and hybak) . \$25 available from our office

STEP TWO

1 teaspoon of turmeric powder daily (Bulk Barn). Mix with your food as this has a peppery taste. Turmeric is an anti-inflammatory . The capsules don't appear to work as well. Better still, buy the root from a grocery store and grind and add to a smoothie to mask the peppery taste . Anecdotally , some of our patients who consume a lot tell us that cutting out or limiting milk and dairy products help .

STEP THREE

If this is not helping , we are now offering the Toyos Light treatment , which is used at the Mayo Clinic. It is a series of 4 treatments with lid gland expression performed by our nurses. At present, it is not covered. You can find more information on it on our Toyos IPL page on our dry eye website.

I will add and change information on dry eye and rosacea as it becomes available on this site.