

A DRY EYE MANAGEMENT PLAN CUSTOMIZED FOR YOU



IN THE MORNING

Take the recommended daily dose of Omega-3 fatty acids to help provide relief and improve symptoms of dry eye disease.



I-VU® OMEGA-3 PLUS | Nutritional Supplements Containing Omega-3 Fatty Acids

For adults over 18 years of age, **two soft gels daily** provide 1824 mg of the most important Omega-3 fatty acids, EPA, DHA & DPA.



DURING THE DAY

Apply the preservative-free, lubricating artificial tears recommended for you below.



I-DROP® PUR | For Mild to Moderate Dry Eyes & Contact Lens Wearers

.....
times/day



I-DROP® PUR GEL | For Moderate to Severe Dry Eyes & for Use with Scleral Lenses

.....
times/day



I-DROP® MGD | For Chronic Evaporative Dry Eyes & Patients Suffering from MGD

.....
times/day



IN THE EVENING

Use the recommended products, in the order shown below, to optimize the management of your dry eye condition.



I-RELIEF™ Therapeutic Eye Mask

For the Relief of Symptoms Associated with Blepharitis, Dry Eye Disease, MGD, Styes and Chalazia



I-LID 'N LASH® Eyelid Wipes for Gentle, Daily Cleansing

OR



I-LID 'N LASH® PLUS Eyelid Wipes with Tea Tree Oil for Deeper Cleansing



I-DROP® PUR

OR



I-DROP® PUR GEL

OR



I-DROP® MGD



AT BEDTIME



I-DEFENCE® | Night-Time Ointment for Severe Chronic Dry Eyes & Lagophthalmos Symptoms

WHY USING A COMBINED TREATMENT APPROACH IS KEY TO MANAGING YOUR DRY EYE SYMPTOMS



Using multiple therapies can restore homeostasis to the ocular surface and help relieve the discomfort of dry eyes. Consistent use of these therapies over time can help increase blood circulation, stimulate lipid oil production and reduce tear film evaporation, which can lead to an improvement in your overall ocular health.

PLEASE FOLLOW THE INSTRUCTIONS BELOW FOR PROPER EYELID MASSAGE AND CLEANSING:

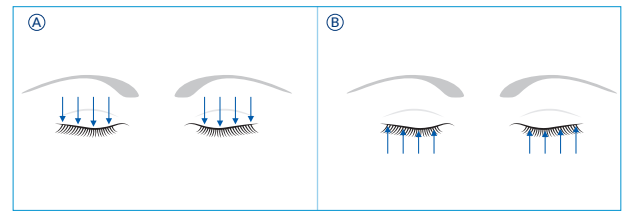
1. Heat the eyelids using the I-RELIEF™ Therapeutic Eye Mask to help liquify the meibum (oil) to flow better from the meibomian glands.

Following the directions for use, place the I-RELIEF™ Therapeutic Eye Mask over your eyes for 5-10 minutes and then remove it.

2. Massage the eyelids to soften oil secretions and help push out the oily fluid from the meibomian glands.

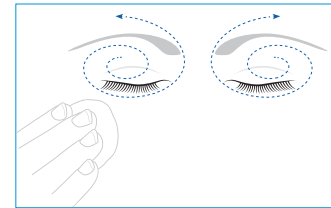
Ⓐ While closing your eyes, gently pull your fingertips DOWN across the top eyelids toward the lid margins several times.

Ⓑ Then, gently push your fingertips UP across the bottom eyelids toward the lid margins several times.



3. Help break the dry eye cycle by cleaning the eyelids & eyelashes using I-LID 'N LASH® to remove ocular debris and secretions and soothe the delicate skin around the eyes.

Gently cleanse in a circular motion starting at the eyelash roots and working outwards.



TO ENHANCE DAILY OCULAR HEALTH AND BETTER MANAGE DRY EYE DISEASE:

- ✓ Take the recommended daily intake of I-VU® OMEGA-3 PLUS to improve the quality of the oils secreted by the meibomian glands and help improve your dry eye symptoms.
- ✓ Apply the recommended I-DROP® artificial tear for superior lubrication and long-lasting comfort and relief.
- ✓ Apply I-DEFENCE® ointment at bedtime if needed, for added moisturizing and protection of the ocular surface during sleep.

HELPFUL TIPS

Remember to blink fully. When we blink fully, oil is better secreted from the meibomian glands in the eyelids to lubricate the ocular surface. When we focus our eyes on screens, driving or reading for long periods of time, we tend to only blink halfway (incompletely) without realizing it. It is very important to take breaks and blink often to force the oils out of the meibomian glands. This prevents our tears from evaporating from the ocular surface, which helps to relieve the discomfort of dry eyes.

Please refer to each product's label or insert for complete information on how to use.