

A DRY EYE MANAGEMENT PLAN CUSTOMIZED FOR YOU



IN THE MORNING

Cleanse the lids and lashes to remove bacteria and debris.

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

+

I-LID 'N LASH® HOCL CLEANSING SPRAY
Ocular Spray with .02% Pure HOCl

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-3s

OR

I-VU® OMEGA-3
Liquid Supplement Containing Omega-3s, GLA, and Vitamin D3



DURING THE DAY

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....
times/day	times/day	times/day



IN THE EVENING

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

① **I-RELIEF™ Therapeutic Eye Mask** | For the Relief of Symptoms Associated with Blepharitis, Dry Eye Disease, MGD, Styes and Chalazia

② **I-LID 'N LASH®**
Eyelid Wipes for Gentle, Daily Cleansing

OR

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

③ **I-DROP® PUR** **OR** **I-DROP® PUR GEL** **OR** **I-DROP® MGD**



AT BEDTIME

④ **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 A COMPLETE OCULAR HYGIENE REGIMEN:



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. Use I-LID 'N LASH® or I-LID 'N LASH® PLUS to remove ocular debris and secretions and to soothe the delicate skin around the eyes.

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



3. Use I-LID 'N LASH® HOCL CLEANSING SPRAY for optimal eye health.

Spray once onto closed eyes and let dry. No need to rinse-off.

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

- ✓ Take the recommended daily intake of I-VU® OMEGA-3 PLUS or I-VU® OMEGA-3 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.