A CUSTOMIZED MANAGEMENT PLAN FOR YOU

I-MED PHARMA

IN THE MORNING

Cleanse the lids and lashes to remove ocular debris.

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

+

☐  **I-LID 'N LASH® HOCL CLEANSING SPRAY**
Ocular spray formulated with pure 0.02% hypochlorous acid (HOCl)
(Can be used throughout the day as needed.)

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

☐  **I-VU® OMEGA-3 PLUS**
Supplement in softgel form 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.

☐  **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 symptoms.

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 MANAGEMENT APPROACH MAKES SENSE

Using multiple therapies can restore homeostasis to the ocular surface and help relieve discomfort. 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. Follow with I-LID 'N LASH® HOCL CLEANSING SPRAY.

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

TO ENHANCE DAILY OCULAR HEALTH AND BETTER MANAGE YOUR SYMPTOMS:

- ✓ 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 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.