



TAMBOLI
EYELID & FACIAL PLASTIC SURGERY

Dry Eye Syndrome / Blepharitis / Floppy Eyelid Syndrome

1. Apply warm compresses (dip a wash cloth in a cup of hot water and let cool off before use or microwave dry rice grains in a clean sock) to eyelid for:
(Caution do NOT apply if HOT)
 - Time: 5-10 minutes
 - Frequency: 1 x/daily
2. Wash eyelashes and massage eyelid margin with eyelids closed: (Drop of Baby Shampoo on finger tips, Ocusoft Lid Scrubs or Avenova)
 - Time: 20 seconds
 - Frequency: 1x/daily
3. Artificial Tears: (Refresh, Systane, Blink, Theratears or Preservative Free Refresh Celluvisc, Preservative Free Refresh Omega 3)
(Generic brand is fine, but do not use any products that state "get the red out")
 - Frequency: 1 drop 4 x/daily
 - Eyes: Right, Left, Both
4. Artificial Tear Ointment: (Systane Ointment, Refresh PM, Lacrilube)
(Generic brand is fine)
 - Frequency: *small amount at Bedtime
 - Eyes: Right, Left, Both
5. Moisture Chamber Goggles -* Wear at bedtime
 - www.eyeeeco.com --> Night Time Dry Eye Relief--> Eyeseals Hydrating Mask
 - Or call 1-888-730-7999 to order (**Use promo code: D536 for free shipping)