GUIDE TO PRESCRIBING
ARTIFICIAL TEARS
FOR DRY EYE CONDITIONS

AQUEOUS LAYER
Use Hypo-osmotic solutions
- TheraTears®
- Blink Tears®
- Refresh Optive Advanced®
- Systane Ultra®

LIPID LAYER
Stabilize and replenish lipid layer
- Systane Balance®
- Oasis Tears®
- Retaine PF MGD®
- Blink Tears®

MUCIN LAYER
Restore mucin producing goblet cells
- TheraTears Dry Eye Therapy®
- Blink Tears®
- FreshKote®

INFLAMMATORY
Target T cells
- Restasis®
- Xiidra®
- Azasite®

EYELID RELATED
Lagophthalmos/Lid wiper
- Refresh Optive Gel®
- GenTeal®
- Systane Gel®
- Systane Nighttime®

Created by John Raji
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AQUEOUS LAYER
Diagnose with:
- Osmolarity > 308 mOsm
- Shimér's test < 10mm in 5 mins
- Phenol Red test <10mm in 15 secs

LIPID LAYER
Stabilizes lipid layer

MUCIN LAYER
Goblet cells produce mucin
1. Stabilizes tear film
2. Contributes to conjunctival viability
3. Regulates tear bacterial barrier

INFLAMMATORY
Bacterial lipases

EYELID RELATED

References: