

CATEGORIES OF LUBRICANTS/ARTIFICIAL TEARS

PRESCRIPTION

RESTASIS a combination of **Cyclosporine** and **Refresh Endura**. It is preservative free and may take 4 to 6 months for maximum effectiveness.

XIIDRA the active ingredient is lifitegrast 5% solution. The theory is it inhibits the inflammation caused by dry eyes. Preservative-free.

NON-PRESCRIPTION

Pure Water:

Preservative Free: **Nature's Tears** – applied as a mist

Carboxymethylcellulose:

Preserved: **Refresh Tears, Thera-Tears, Optive**

Preservative-Free: **Refresh Plus, Thera-tears, Celluvisc**

Hydroxypropyl methylcellulose:

Preserved: **Genteal Tears, Tearisol, Visine Tears, Bion Tears**

Preservative free: **Genteal Preservative Free** - best buy of the Preservative Free ***

Glycerin:

Preserved: **Moisture Eyes, Computer Eye Drops, , Optive, Oasis TEARS**

Preservative Free: **Moisture Eyes, Soothe, Oasis, Clear Eyes Pure Relief(bottled)**

Dextran 70:

Preserved: **Genteal Tears**

Preservative Free: **Bion Tears**

Polyvinyl Alcohol:

Preserved: **HypoTears, AKWA Tears, Murine Tears, Liquifilm Tears, FreshKote**

Preservative Free: **HypoTears PF, Liquifilm Tears Preservative Free**

PEG 400(Polyethylene glycol 400):

Preserved: **Visine Tears, AquaSite, Systane Ultra** - available both Preserved & Preservative-Free

Sodium Hyaluronate:

Preserved: **blink Tears; blink Contacts Lubricant Eye Drops...both** safe for contact lenses.

Preservative Free: **Clear Eyes Pure Relief(bottled)**

Oils:

Preserved: **Systane Balance(Mineral Oil)- *shake before each use.***

Soothe XP (Mineral Oil)

Optive Advanced(Castor Oil) - available both Preserved & Preservative-Free

Preservative Free: **Retaine MGD(mineral Oil)**

GELS:

Carboxymethylcellulose:

Preserved: **Genteal Gel, Refresh LiquiGel.**

Preservative Free: **Thera-Tears Gel**

Hydroxypropyl methylcellulose: **Systane Eye Gel. Refresh Optive Gel Drops(also contain glycerin)**

OINTMENTS: Petrolatum & Mineral Oil:

Preservative Free: **Refresh PM, Moisture Eyes PM, Tears Naturale PM**

ORAL: **Omega -3** Fish oil, black currant seed oil, krill oil, algae oil, pumpkin seed oil. sesame seed oil, cod liver oil, **2 grams per day**

FOR EXTERNAL USE ONLY: **Tears Again Liposome Spray** – Spray on outside of eyelids. Coconut Oil.

HEAT MASK 5 minutes per day