

Park Avenue LASEK – New York’s Only Non-Cutting LASEK Center
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Warm Compress and Lid Hygiene Treatment of MGD which causes DES

Your eye’s tear film consists of two layers: the bottom layer consists of an aqueous liquid layer produced by your lacrimal glands, and the top layer consists of an oil-like substance, produced by your Meibomian glands, that prevents the aqueous layer from evaporating too quickly. Both layers work together to lubricate the eyes and keep it from getting dry. Normally, the aqueous liquid layer will drain out through tear ducts found at the corner of your upper and lower eye lids. Dry Eye Syndrome (DES) is caused by the bottom layer draining out too quickly, and it can be easily treated by plugging or cauterizing the tear ducts. However, in Meibomian gland dysfunction (MGD) it is much more difficult to treat as the problem is due to the oily secretions solidifying and taking on a more margarine like consistency. As a result, the oil glands become clogged and cause the tear film to evaporate quicker than normal. In the early stages, patients are often asymptomatic, but if left unmanaged, MGD can cause or exacerbate dry eye symptoms and eyelid inflammation. Clogged glands are unable to secrete oil which results in permanent changes in the tear film and dry eyes. Treatment of MGD is:

1) UNCOMFORTABLY HOT COMPRESSES & MASSAGE

Take a wash cloth and soak it in VERY hot water & place it over your eyes and massage the lid margin. Continue until the wash cloth is no longer warm. The hot compress and massage are used to help liquefy, loosen, and milk out the oily secretions that are clogging up those glands. Many patients have reported that using a tea bag works even better, as the tea bag retains the heat longer, and some doctors feel the tannins in the tea are also beneficial to cleanse the eyelid glands. You must do this a MINIMUM of 5 TIMES PER DAY or this will NOT go away and will need to be CUT OUT with a minor surgical procedure, that will be covered by your medical insurance, but you should want to AVOID THIS! ☺

2) SHAMPOO SCRUB

Using the same wash cloth, soak it in hot water again, wring it out & add one drop of baby shampoo, close your eyes & scrub the lid margins. This will help clear the glands of the hardened secretions and prevent them from being clogged up.

3) FISH OIL CAPSULES

In addition to the above, some people benefit by adding omega-3 fats to their diet which will help with the oil consistency. Take your fish oil capsules as directed on the bottle. We sell a better product here that is specifically designed for eyes and is not available in stores. The product is Retaine OM3 (Omega 3) We sell the product for even less than the generic fish oil capsules in pharmacies as we don’t try to make a profit on this vital care for your eyes. Please ask if you wish to purchase our Omega 3 caplets.

4) DOXYCYCLINE PILLS

While Doxycycline is an antibiotic, it is not being used here for its antibiotic properties. It is being used to decrease the thickness of the meibomian gland secretions, changing it from the consistency of margarine to that of olive oil, so the secretions freely leave the gland to lubricate your eyes and prevent tear evaporation. Doxycycline makes it easier for you to have a sunburn, so you must use sunblock when in the sun. Take doxycycline with food to prevent an upset stomach.

5) AVENOVA

Avenova is a commercial product that some patients prefer over the lid scrubs. If your insurance covers it, it is worth it. If your insurance does not, it is not worth the \$300 retail price—just ask us and we will sell it to you at our cost (\$100)

“I have read the above explanation and had my questions answered by the doctor(s) and understand the above”

Patient Printed Name

Patient Signature

Date