

TREATMENT SHEET

CORNEAL ABRASION

A corneal abrasion is an injury to the front surface of the eye. The injury can occur when a foreign object gets in the eye, when the cornea becomes scratched or even from rubbing the eyes very hard. The cornea is very sensitive. Depending on the location and depth of the injury, it can be very painful and even sight threatening, resulting in permanent visual impairment.

Treatment is important to prevent infection within the injured cornea. The medication that the doctor prescribes will help to heal the

cornea and prevent the risk of infection. It is important to follow the doctor's instructions so that the cornea heals properly.

Small abrasions can heal within 24 hours but other, more severe abrasions can take up to several weeks to heal. There are different ways to treat this injury. The doctor will probably prescribe eye drops and/or ointment. You may need to wear a special contact lens overnight or longer in order to help with healing. Sometimes a patch may need to be worn on the eye overnight.

The doctor has prescribed the following treatment for you.

Medications/Treatments Prescribed:

Dosage/Frequency:

Special Instructions (Follow the instructions that your doctor has checked.):

- Fill the prescription today and begin medication as soon as possible.
- Apply eye drops then close your eye. Using one finger, apply mild pressure to the inner corner of the eye. Keep pressure on this area for 90 seconds. This will help the drop stay within the eye.
- Stay indoors and rest your eyes for the first 24 hours. Sunlight will be irritating. If you must go outdoors, wear sunglasses.
- You should notice some improvement in your condition within 24 hours. If the condition worsens, call your doctor's office immediately at one of the following phone numbers:

Office #: _____ Emergency after-hours #: _____

Instructions for Contact Lens Wearers:

- OK to wear your contact lenses.
- Do not wear your contact lenses until _____

Your Follow-up Visit:

Date: _____

Time: _____

Practice Information:

Dr. _____

Phone: _____

TREATMENT SHEET

COMPUTER VISION SYNDROME

Computer Vision Syndrome (CVS) is a complex optical and musculoskeletal disorder related to near work during computer use. The most common symptoms of CVS include:

- Headache.
- Loss of focus/blurred vision.
- Double vision.
- Dry, burning, tired eyes.
- Muscular strain.
- Excessive tears.
- General fatigue.
- Excessive blinking/squinting.
- Overall stress.
- Neck or shoulder strain/pain.

As an eye and vision problem, some individuals react with more difficulty focusing on characters on a computer screen as opposed to reading printed material on paper.

Treatment is varied and complex with different solutions for different individual's needs. For optimum patient comfort and performance, it is usually necessary to use a specific computer correction. Your optometrist will assess your optical needs. There are a wide variety of lens styles available, ranging from single vision computer lenses to progressive-add bifocals, which can aid

in achieving proper focus. There are also many different lens materials and treatments (i.e. tints and anti-reflective coatings) to assist with comfort.

Your doctor will be testing your eyes to help find which solution works best for you. Some of these tests might include:

Detailed Refraction - a measurement of your visual system's focusing power needs.

Binocular Vision Testing - an evaluation of your eyes' efficiency in working together at different distances.

Dynamic Retinoscopy - an evaluation of your eye's focusing system function for near tasks.

Tear Assessment - an evaluation of your tear's quantity and quality.

Studies show that about three-quarters of computer users experience the symptoms of CVS. The good news is that the eye and vision symptoms, as well as other problems of CVS, can usually be alleviated by good eye care and/or by changes in the work environment.

The doctor has prescribed the following treatment for you at this time.

- Enhancement of Tears.
 - Artificial Tears (eye drops or gel).
 - Anti-inflammatory Eye-drops.
 - Punctal Plugs.
- Computer Glasses (with special computer lenses).
- Vision Therapy (specific eye exercises that enhance focusing).
- Eye Breaks (see back side of this sheet for more information).
- Workstation Adjustments (see back side of this sheet for more information).

Medications Prescribed:

Dosage/Frequency:

Your Follow-up Visit:
Date: _____
Time: _____

Practice Information:
Dr. _____
Phone: _____

COMPUTER VISION SYNDROME

Eye Breaks

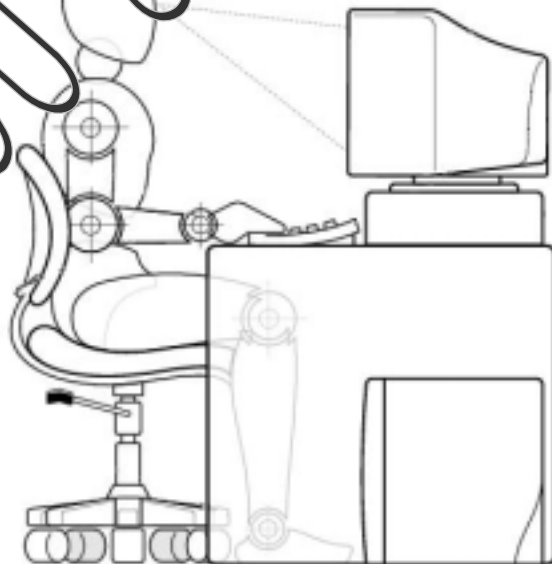
- Refocus eyes away from the monitor to across the room for 5 seconds every 15 minutes of monitor viewing. Look at objects that are varying distances from your computer.
- Perform several rapid and quick blinks to the eyes several times to rewet and refocus during this eye break. Application of artificial tears or rewetting drops for contact lens wearers at this time would be beneficial.

Workstation Adjustments

- Ambient lighting should be available. Avoid harsh brightness changes from the computer monitor to the room.
- Minimize screen glare by repositioning the computer monitor or source of light to avoid glare and light reflections or consider an anti-glare screen.
- Place monitor directly in front of you, not off to one side. Adjust monitor sharpness, contrast (adjust to individual comfort), brightness (match room brightness), distance (20 inches to 26 inches), and viewing angle (approximately 15 degrees from eyes to monitor center).

A larger monitor with higher resolution and refresh rate (70Hz or higher) than your current monitor may also be helpful.

- Adjust your chair so that both feet touch the ground with knees approximately 90 degrees to the floor and elbows approximately 90 degrees to the keyboard. Allow for comfortable thigh support.
- Exercise when sitting with various stretches and joint rotation. Standing up and moving about is also helpful to keep your blood circulating.



TREATMENT SHEET

DRY EYE

Dry eye is a common condition that occurs when the eyes do not produce enough tears or produce tears that do not have the proper chemical composition. If untreated, dry eye can damage eye tissue.

The most common symptoms are:

- A sandy, gritty sensation.
- Irritated, scratchy or dry eyes.
- Redness of the eyes.
- A burning sensation of the eyes.
- A feeling of a foreign body in the eye.
- Blurred vision.
- Excessive watering (reflex tearing that flushes normal lubricating oils).

The first line of treatment is the use of lubricating drops (artificial tears). Your doctor will prescribe specific eye drops that can be purchased over-the-counter. They should be used regularly, each day to obtain relief.

Medications are available for those who have a chronic problem which does not respond to artificial tears. There are also nutritional supplements that are helpful for dry eye.

One of the most effective treatments is punctal occlusion. A tiny plug is inserted into the puncta (a small hole in the eyelid), impeding the out-flow of natural tears. This procedure takes only a few minutes and can be done in the doctor's office.

The doctor has prescribed the following treatment for you:

Artificial Tears:

Dosage/Frequency:

Special Instructions:

After applying the drops, close your eye and using one finger, apply mild pressure to the inner corner of the eye. Keep pressure on this area for 90 seconds. This will help the drop stay within the eye.

Additional Treatment:

The doctor is considering these additional treatments, depending on the results of using the artificial tears.

- Medication Nutritional Supplements Punctal Occlusion

Your Follow-up Visit:

Practice Information:

Date: _____

Dr. _____

Time: _____

Phone: _____

TREATMENT SHEET

EYE DROPS & OINTMENT

Eye Drop Instillation

1. Wash your hands thoroughly.
2. Read the label and make sure that you are instilling the correct drops.
3. Shake well if labeled to do so. Some medications are in suspension and need to be shaken to assure the correct dosage.
4. Stand in front of a mirror, looking directly forward with the head tipped slightly back.
5. Gently pull the lower lid down with one hand while squeezing 1-2 drops from the bottle with the other hand. **To avoid contamination, do not allow the dropper to touch the eye or face.** It is usually easier to install the drops toward the outer corner.
6. After instillation, close the eye gently for two minutes or press firmly on the inner corner of the upper and lower lid for one minute. Either technique will enhance the result.

Ointment Application to Lid Margins

1. Wash your hands thoroughly.
2. Check label to verify correct medication and instructions.
3. Apply $\frac{1}{4}$ to $\frac{1}{2}$ inch of ointment on the tip of the index finger. With the eye closed, apply along the lid margins at the lash line. Cover both the upper and lower lid from inner to outer corner.
4. Alternate technique: Squeeze $\frac{1}{4}$ to $\frac{1}{2}$ inch of ointment onto a cotton tip applicator. While looking directly in the mirror, apply along the lid margins at the lash line of both the upper and lower lid.

Ointment Application Inside Lower Lid

1. Wash your hands thoroughly.
2. Check label to verify correct medication and instructions.
3. Look directly into a mirror and tilt head down slightly. Gently pull lower lid down and squeeze about $\frac{1}{2}$ inch of ointment inside the lower lid. Twist tube to separate ointment from tube. **Due to risk of contamination, avoid touching the lid or the eye with the tube.**
4. Alternate technique: Squeeze $\frac{1}{2}$ inch of ointment onto index finger and transfer to the inside of the lower lid.

Medications Prescribed:

Frequency & Duration:

Your Follow-up Visit:

Date: _____

Time: _____

Practice Information:

Dr. _____

Phone: _____

TREATMENT SHEET

EYELID PROBLEMS

The eyelids perform many important functions, including protecting and lubricating the eye, producing oil secretions, and helping to drain away tears. The following conditions are usually not serious and can often be easily treated. However, if left untreated, they can be uncomfortable, unattractive, and can lead to more serious problems. Eyelid problems can affect the upper and/or lower eyelid in one or both eyes.

Your doctor has checked the box(es) that describe(s) your condition:

Blepharitis

Blepharitis is a chronic or long term inflammation of the eyelid margins (the edges of the eyelids), often caused by bacteria around the lashes and outer tissues of the eye.

Symptoms can include swelling of the lid margin, irritation, sensitivity to light, itching, burning, redness along the lid margin and redness of the eyeball itself. There is often crust or roughness along the lid margin and/or possibly dandruff on the lashes. This can be worse in the morning upon awakening. Patients who wear contact lenses will often experience these symptoms to a greater degree, as lenses will seem dry.

Treatment

In most cases, good eyelid hygiene and daily cleaning of the eyelid margins will control blepharitis. Eyelid hygiene is particularly important upon awakening because bacteria builds up during the night. In more severe cases, it may be necessary to combine eyelid hygiene and medication for good control. In cases where the conjunctiva (the front surface of the eye) is affected, the doctor may prescribe additional treatment.

Chalazion

A chalazion results from a blockage of one or more of the small oil producing glands found in the upper and lower eyelids. Symptoms are inflammation and swelling in the form of a round lump within the eyelid that may or may not be painful. If the chalazion becomes infected, the eyelid can become swollen, inflamed and more painful.

Treatment

A chalazion may be treated by applying warm compresses. At times this condition may require additional treatments that your doctor will prescribe.

Stye

A stye is a bacterial infection of one of the eyelid glands near the lid margins, at the base of the lashes. This forms a red, sore lump similar to a boil, causing pain and inflammation.

Treatment

Styes are usually treated with warm compresses. Antibiotic and /or steroid eye drops or ointments may also be needed.

The specific treatment that your doctor has prescribed for you is listed on the back side of this sheet.

EYELID PROBLEMS

The doctor has prescribed the following treatment for you.

Warm Compresses

1. Wash your hands thoroughly.
2. Dampen a clean, folded or rolled washcloth with warm water; or warm in microwave on medium for 20 seconds. Make sure the washcloth is warm and not hot.
3. Keeping the eyes closed and the washcloth folded/rolled, apply the washcloth to one or both eyelids. It is okay to apply some pressure to the upper lids during this process.
4. Apply _____ time(s) a day.
5. Continue for two weeks one month continuous other _____

Eyelid Scrubs

1. Wash your hands thoroughly.
2. Use commercially prepared eyelid cleanser pads in sealed packets.
 Mix a small amount of baby shampoo with warm water and saturate a make-up remover pad with the solution.
3. Close the eyelid and run the cleanser pad back and forth across the upper eyelashes and edge of the eyelid (approx. 15 times). Scrub lower lid by pulling it away from the eye. Avoid getting cleanser into the eye. Using a different pad, repeat for other eye.
4. Rinse excess solution with clear water.
5. Perform _____ time(s) a day.
6. Continue for two weeks one month continuous other _____

Medications Prescribed:

Frequency & Duration:

Special Instructions:

Your Follow-up Visit:

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TREATMENT SHEET

KERATOCONUS

Keratoconus (KC) is a condition of the cornea, the “clear window” on the front surface of the eye. The cornea is normally round or spherical shape. With KC, the cornea bulges, distorts and assumes more of a cone shape causing distorted or blurred vision. KC can occur in one or both eyes.

In the early stages, eyeglasses are usually successful in correcting the vision. However, as the disease advances, vision is not adequately corrected and requires rigid contact lenses to aid in flattening the corneal surface and providing optimal visual correction. Your doctor is a specialist at designing a custom contact lens that fits the shape of the cornea.

Contact lens fitting can be difficult in patients with KC, requiring frequent follow-up visits to monitor the corneal health and to make adjustments to the design of the contact lenses. The goal is to fit the lenses to maximize the comfort, vision and eye health. For the greatest success, patients will also be required to use eye drops and adhere to a wearing schedule that will be prescribed by the doctor.

When good vision can no longer be attained with contact lenses or intolerance to the contact lens develops, corneal transplantation may be recommended. This is only necessary in about 10% of patients with KC and carries a success rate of greater than 90%.

The doctor has prescribed the following treatment for you at this time.

- Cold compresses, applied daily.
- Lubrication drops to rewet the surface of your eyes.
- Topical medication (eye drops) to relieve the symptoms of itching.
- Therapeutic management of contact lenses to improve the quality of vision.
- Consultation with a corneal surgeon.

Medications Prescribed:

Dosage/Frequency:

Lubrication Drops Prescribed:

Dosage/Frequency:

Special Instructions: Do not rub your eyes, as this may be one of the factors contributing to the worsening of the condition.

Your Follow-up Visit:

Date: _____

Time: _____

Practice Information:

Dr. _____

Phone: _____