Dry Eye Evaluation Information Sheet

What is Dry Eye Syndrome?

Dry Eye Syndrome is a common condition that occurs when your eyes don't produce enough tears or the quality of tears is poor. This can cause discomfort, irritation, and reduced vision. A dry eye evaluation is a problem-focused exam designed to assess your symptoms, the root cause, and determine the best treatment plan for your condition.

What to Expect at Your Dry Eye Evaluation

Medical and Symptom History

Your eye doctor will begin by asking about your symptoms and any factors that may contribute to your dry eye, including:

- How long you have had the symptoms
- When and how often your symptoms occur (e.g. mornings, while reading, watching screens, etc.)
- What triggers or worsens your symptoms (e.g. wind, air conditioning, computer use)
- Any current medications that may affect your eyes
- Previous treatments or remedies you've tried, like eye drops or warm compresses

Eye Examination

A detailed eye exam will be performed to look for signs of dry eye and assess the health of your eyes. This includes:

- **Visual Acuity Test:** This measures how well you can see at various distances.
- **External Eye Exam:** With a microscope the doctor will examine the area around your eyes, including your eyelids and lashes, getting a close-up look at the surface of your eyes, checking dryness, redness, inflammation, and damage to the cornea (the clear front part of your eye).
- **Tear Film Evaluation:** This will consist of additional testing to better understand the quality

and quantity of your tears. Additional testing will include:

- **Tear Breakup Time (TBUT):** This will be done with video technology that is able to track and highlight how long it takes for your tears to evaporate in between each blink.
- **Tear Staining:** Special dyes, such as fluorescein or lissamine green will be used to highlight areas of dryness or damage on the surface of the eye.
- **Schirmer's Test:** A small strip of testing paper will be placed under your lower eyelids to measure how much moisture your eyes produce over a set amount of time.

- **Meibomian Gland Evaluation:** Your upper and lower eyelids are lined with glands that produce oils that are crucial to maintaining a healthy tear film and preventing the premature evaporation of tears.
  - **Meibography:** With infrared technology an image will be taken of your lower eyelid meibomian gland structures to evaluate any gland damage, loss, or blockages that may be preventing the eye from producing and secreting its natural oils.
  - **Manual Expression:** During the external eye exam, the doctor will gently press your eyelids in an attempt to release any blockages and/or determine which treatment to initiate to loosen blockages that will not release with the gentle pressure.

Diagnosis and Treatment

Diagnosis

Once the tests are completed, your eye doctor will review the results and discuss the possible causes of your dry eye symptoms. The diagnosis may include:

- **Dry Eye Syndrome:** caused by poor tear production or quality
- **Meibomian Gland Dysfunction:** caused by blockages in oil glands of the eyelids
- **Keratoconjunctivitis Sicca:** caused by inflammation affecting the cornea and conjunctiva

The diagnosis may be multifactorial and a combination of the above.

Treatment Options

Treatment is tailored based on the cause and severity of your dry eye and may include:

- **Artificial Tears:** Lubricating eye drops to relieve symptoms.
- **Prescription Medications:** Eye drops to address underlying mechanisms at the root of dry eye symptoms such as, Restasis, Tryptr, Oxervate, etc.

- **Punctal Plugs:** Tiny devices inserted into the tear ducts to reduce tear drainage and keep the eyes more moist.
- **Zest In-Office Treatment:** A gentle eyelid cleansing treatment designed to remove bacteria, debris, oils and build-up along the eyelid margins and eyelashes; to improve eyelid hygiene, reduce inflammation, and support a healthier tear film.
- **At Home Eyelid Hygiene:** Warm compresses and lid scrubs or sprays to improve the oil flow from the meibomian glands
- **Specialty Contact Lenses:** Scleral lenses hold in moisture and ensure good vision for damaged or irregular corneas
- **Thermal Stimulation:** An at-home meibomian gland treatment (Bruder Mask) to heat and express the glands natural oils while soothing chronic inflammation.

Lifestyle Changes Prior to Your Dry Eye Evaluation

While your doctor will provide specific recommendations tailored to your eyes, here are a few things you can do to manage your symptoms at home:

- Use preservative free- artificial tears as recommended at your annual eye exam.
- Take regular breaks during computer use or reading (follow the 20-20-20 rule: look 20 ft away for 20 seconds every 20 minutes).
- Avoid air blowing directly into your eyes (fans, heaters, etc.)
- Wear sunglasses to protect your eyes from wind and sun.
- Consider adding omega -3 fatty acids to your diet (after consulting your primary care doctor).

Follow-Up Care

Dry eye is often a chronic condition and follow-up appointments will be scheduled to monitor your progress and adjust the treatment plan accordingly to ensure your eyes are getting the care they need to stay healthy and comfortable.

Your Eye Health Matters!

Proper diagnosis and treatment of dry eye can significantly improve your comfort and protect your vision. Thank you for trusting us with your eye care needs!
If you have any questions or concerns before or after your evaluation, don’t hesitate to contact our office.

Dry Eye Evaluation - Advanced Beneficiary Notice (ABN)

You are receiving this notice because your doctor has recommended a Dry Eye Evaluation, which may include diagnostic imaging or testing such as:

- Meibography
- Non-invasive tear breakup time
- Schirmer's testing
- Anterior Segment Photography
- Other dry eye-related diagnostics

These services are often necessary to accurately diagnose and manage **Dry Eye Disease,** a chronic condition that can significantly affect your comfort and vision. However, though your insurance will cover the visit, **your insurance may not cover these diagnostic services,** as they are sometimes considered investigative or not medically necessary by certain plans.

Estimated Cost of Services:

With Insurance: Your Copay + $70 Out-of-Pocket

Without Insurance: $175 Out-of-Pocket

An itemized receipt of all additional testing will be provided after check-out if you wish to submit to your medical insurance provider.

This is an estimate only. The final cost may vary depending on the services performed.

Options (Please Select One):

_____Yes, I want to receive the Dry Eye Evaluation.

I understand that **my insurance may not pay for these services,** and agree to be personally and fully responsible for the payment. I understand I cannot appeal a denial if I agree to be financially responsible.

_____No, I do not want the Dry Eye Evaluation

I understand that I am choosing to decline these services and will not be evaluated for dry eye at this time.

Signature

Patient or Legal Guardian Signature:

_____ *Date:* _____

Clinic Representative Signature:

_____ *Date:* _____