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## Artificial Tear Products and Eye Ointments

**Pseudo-preservative-free drops** - preservative in bottle is partially or completely neutralized after placing drop in eye; use up to 6 times per day. **On the bottle these may say “preservative-free in the eye”, but they are NOT truly preservative-free. DON’T get these if Dr. Wareham has recommended preservative-free drops!!**

- () **TheraTears** (bottle) - excellent, developed by an ophthalmologist; may actually improve the eye's natural lubrication after several months of use
- () **GenTeal *Mild*** - excellent, comfortable
- () **GenTeal** (Moderate) - excellent, comfortable, slightly thicker than **GenTeal *Mild***
- () **Refresh Tears** - very good, comfortable
- () **Refresh Optive** - dual-action formula, hydrates the eye surface and the areas where Dry Eye starts
- () **Refresh Optive Advanced** - triple-action formula, helps all three layers of tear film

**Preserved drops** - use up to 4-5 times per day

- () **Tears Naturale (II & Forte)** - good, slightly less comfortable than Hypotears
- () **Systane Balance** - triple-action formula, helps all three layers of tear film, requires shaking
- () **Systane Ultra** - less blurring than regular Systane, lasts longer
- () **Soothe XP** - replaces lipid (oily lubricant) layer of tear film, helps decrease tear loss

**Preservative-free (PF) drops** may use as often as desired (as much as every 1-2 hours); one dropperette may be used repeatedly up to 16 hours if the tip is not allowed to touch anything other than air (except TheraTears, see comment there)

- () **Refresh Plus** - excellent, helps clear vision
- () **Tears Naturale Free** - good
- () **Bion Tears** - very good
- () **Refresh Celluvisc** - good for severe dry eyes; thicker; may temporarily blur vision
- () **TheraTears** - excellent, comfortable; may actually improve the eye's natural lubrication after several months of use; use **1 drop every minute for 5 minutes** then throw out dropperette → may repeat as often as desired (at least 4 times per day) with new dropperette
- () **Systane** - (preservative-free form) excellent; unique action: forms a gel-like coating that lasts longer in the eye
- () **Soothe** (Lubricant Eye Drops) - helps entire tear film
- () **HypoTears PF** - excellent, very comfortable, helps clear vision; may use with contact lenses
- () **Refresh Optive Sensitive** (Preservative-Free) - dual action formula that lubricates and

hydrates

- ( ) **Refresh Optive Advanced (preservative-free)** – clinically proven to lubricate, hydrate, and protect natural tears from evaporating
- ( ) **Refresh Optive Mega-3** – Prevents tears evaporation and restores all 3 layers of tear film
- ( ) **Clear eyes Pure Relief** – only preservative-free drop in a bottle. May not be quite as good a lubricant as the vials, but more convenient. Note: It can take more than 20 seconds of squeezing the bottle to get a drop out.

**Ointments/Thick drops** - for bedtime lubrication or extremely dry eyes during the day

- ( ) **Tears Again Eye Ointment** - nighttime preservative-free ointment, keeps eyes comfortable all night & in the morning
- ( ) **GenTeal Gel** - pseudo-preservative-free; put in eye like a drop, acts like an ointment
- ( ) **Refresh PM, Moisture Eyes PM, GenTeal PM, Puralube** - preservative-free ointments
- ( ) **TheraTears Liquid Gel** - preservative-free gel, put in eye like a drop, acts like an ointment
- ( ) **Refresh Liquigel** - blurs vision initially, but lasts longer; may be useful as a bedtime lubricant
- ( ) **GenTeal GelDrops** - combines the strength of a gel with the convenience of a drop
- ( ) **Refresh Optive Gel Drops** - thinner than Liquigel, but longer lasting than drops

**Oral medications for dry eyes** - improves oils that lubricate eyes

- ( ) **TheraTears Nutrition for Dry Eyes** - developed by an ophthalmologist, shown to improve condition over time