



SEEING BEYOND THE SYMPTOMS

Early Diagnosis and Treatment of Dry Eye and Meibomian Gland Dysfunction

RECOMMENDATIONS FOR THE STAGED MANAGEMENT AND TREATMENT OF DED AND MGD.^{a,b,c}

Step 1:

- Education regarding the condition, its management, treatment, and prognosis
- Modification of local environment
- Education regarding potential dietary modifications (including oral essential fatty acid supplementation)
- Identification and potential modification/elimination of offending systemic and topical medications
- Ocular lubricants of various types (if MGD is present, then consider lipid-containing supplements)
- Lid hygiene and warm compresses of various types

Step 2: If above options are inadequate consider:

- Non-preserved ocular lubricants to minimize preservative-induced toxicity
- Tea tree oil treatment for Demodex (if present)
- Tear conservation
- Punctal occlusion
- Moisture chamber spectacles/goggles
- Overnight treatments (such as ointment or moisture chamber devices)
- In-office, physical heating and expression of the meibomian glands (including device-assisted therapies, such as LipiFlow)
- In-office, intense pulsed light therapy for MGD
- Prescription drugs to manage DED^d
- Topical antibiotic or antibiotic/steroid combination applied to the lid margins for anterior blepharitis (if present)
- Topical corticosteroid (limited-duration)
- Topical secretagogues
- Topical non-glucocorticoid immunomodulatory drugs (such as cyclosporine)
- Topical LFA-1 antagonist drugs (such as lifitegrast)
- Oral macrolide or tetracycline antibiotics

Step 3: If above options are inadequate consider:

- Oral secretagogues
- Autologous/allogeneic serum eye drops
- Therapeutic contact lens options
- Soft bandage lenses
- Rigid scleral lenses

Step 4: If above options are inadequate consider:

- Topical corticosteroid for longer duration
- Amniotic membrane grafts
- Surgical punctal occlusion
- Other surgical approaches (eg tarsorrhaphy, salivary gland transplantation)



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- a Potential variations within the disease spectrum are acknowledged to exist between patients and the management options listed above are not intended to be exclusive. The severity and etiology of the DED state will dictate the range and number of management options selected from one or more steps.
- b One or more options concurrently within each category can be considered within that step of the DED state. Options within a category are not ranked according to importance and may be equally valid.
- c It should be noted that the evidence available to support the various management options differs and will inevitably be lower for newer management options. Thus, each treatment option should be considered in accordance with the level of evidence available at the time management is instigated.
- d The use of prescription drugs needs to be considered in the context of the individual patient presentation, and the relative level of evidence supporting their use for that specific indication, as this group of agents differs widely in mechanism of action.

Reference:

Craig JP, Nelson JD, Azar DT, et al. TFOS DEWS II Report Executive Summary. *Ocul Surf.* 2017;15(4):802-812.