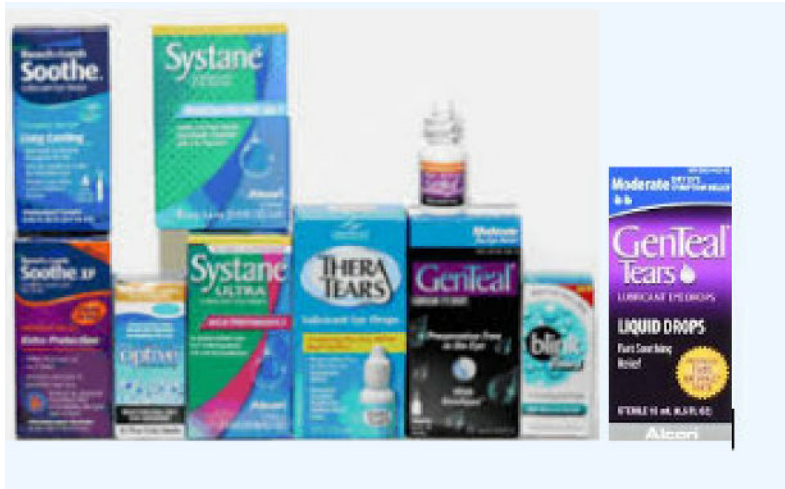


Elite Plastic Surgery

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1. Start artificial tears at least 4 times a day. Do not use anything with the label "redness relief" or "get the red out." Brands I like include Tears Naturale, Soothe, Refresh, TheraTears, and Systane. GenTeal "Moderate" is a little thicker, but doesn't tend to make the vision too blurry.



I prefer **artificial tears with an oil** (Refresh Mega-3 or Retaine MGD or Systane Balance or Systane Complete or Refresh Digital), and I recommend using them 3-6 times per day (or more as needed). FYI: sometimes, the oil is listed in the INACTIVE INGREDIENT list.



If using more than 3-4 times per day, get preservative-free kind. These come in individual vials. They may be cheaper on Amazon.com.



2. Use lubricating ointment into the eye in between the eyelids prior to bedtime. There are many different brands, but I prefer GenTeal Gel or Refresh PM.

