

TABLE 5 TREATMENT RECOMMENDATIONS FOR DRY EYE SYNDROME BY DISEASE SEVERITY LEVEL

Mild	<ul style="list-style-type: none">• Education and environmental modifications• Elimination of offending topical or systemic medications• Aqueous enhancement using artificial tear substitutes, gels/ointments• Eyelid therapy (warm compresses and eyelid scrubs)• Treatment of contributing ocular factors such as blepharitis or meibomianitis (see Blepharitis PPP⁸⁷)• Correction of eyelid abnormalities
Moderate	<i>In addition to above treatments:</i> <ul style="list-style-type: none">• Anti-inflammatory agents (topical cyclosporine^{88,89} and corticosteroids⁹⁰⁻⁹³), systemic omega-3 fatty acids supplements^{94,95}• Punctal plugs• Spectacle side shields and moisture chambers
Severe	<i>In addition to above treatments:</i> <ul style="list-style-type: none">• Systemic cholinergic agonists⁹⁶⁻⁹⁸• Systemic anti-inflammatory agents• Mucolytic agents• Autologous serum tears^{99,100}• Contact lenses• Permanent punctal occlusion• Tarsorrhaphy

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