

TABLE 4 CATEGORIES OF DRY EYE TREATMENTS

Type of Therapy	Treatment
Environmental/Exogenous	<ul style="list-style-type: none">• Education and environmental modifications* (e.g., humidifier)• Elimination of offending topical or systemic medications
Medication	
Topical medication	<ul style="list-style-type: none">• Artificial tear substitutes, gels/ointments*• Anti-inflammatory agents (topical cyclosporine and corticosteroids)• Mucolytic agents• Autologous serum tears
Systemic medication	<ul style="list-style-type: none">• Omega-3 fatty acids (may increase prostate cancer risk in males)• Tetracyclines* (for meibomian gland dysfunction, rosacea)• Systemic anti-inflammatory agents• Secretagogues
Surgical	<ul style="list-style-type: none">• Punctal plugs• Permanent punctal occlusion• Tarsorrhaphy*• Repair of eyelid malpositions or exposure*• Mucous membrane, salivary gland, amniotic membrane transplantation
Other	<ul style="list-style-type: none">• Eyelid therapy (warm compresses and eyelid hygiene)*• Contact lenses• Moisture chamber spectacles*

Data from Pflugfelder SC (Chair). Management and Therapy Subcommittee of the International Dry Eye Workshop. Management and therapy of dry eye disease: report of the Management and Therapy Subcommittee of the International Dry Eye Workshop (2007). Ocul Surf 2007;5:163-78.

* Particularly helpful for increased evaporative loss.