



Artificial Tear Regimen

Lubricating Eye Drops — Patient Instructions

Using **preservative-free artificial tears**, also known as lubricating eye drops, is an essential part of your eye care routine. Please follow these steps for the best results.

Artificial Tears (Drops)

1. **Frequency:** apply preservative-free artificial tears **four times a day** in both eyes. Regular use helps maintain moisture and relieves dry eye.
2. **Where to buy them:** preservative-free lubricating drops are available **over the counter** — no prescription needed — at your local drugstore, Walmart, or Target.
3. **Brand variety:** no single brand suits every type of dry eye. You may need to try a few different brands to find the one that works best for your eyes.
4. **Brands we commonly use:** in our office we commonly use preservative-free Systane and Refresh. Any preservative-free brand or generic equivalent is suitable.



Examples of preservative-free lubricating eye drops. Any preservative-free brand or generic is fine.

Lubricating Ointment or Gel

1. **Frequency:** apply ointment **once a day**. Ointments can temporarily blur your vision, so many people prefer to use them **just before bedtime**.
2. **Brand choice:** any preservative-free brand of lubricating ointment or gel is suitable.



Examples of lubricating ointments. Any preservative-free brand or generic is fine.

Important notes

- **If you also use prescription eye drops:** space all drops **five minutes apart**, and apply artificial tears **last** to lubricate the eye.
- **Artificial tears complement your prescription drops — they do NOT replace them.** They serve a distinct purpose: maintaining moisture and comfort.

If you have any questions, please call our office at **847-488-1030**.