Understanding Ocular Surface Disease

The term Dry Eyes does not properly encompass the complexity of a condition that is better classified as an Ocular Surface Disease. The causes of ocular surface disease typically result from decreased tear film stability that leads to increased evaporation of the tear film. This increased tear evaporation creates a ‘salty’, higher osmolarity environment that can damage corneal cells leading to inflammation. While the majority of the root causes occur due to tear film stability, the root causes can be a direct disruption of tear osmolarity, cellular damage or inflammation. Dry eyes are purely an outcome of a more complex and sometimes systemic condition that can really impact vision and quality of life.

Attached is a packet and questionnaire that will allow us to better understand your symptoms, but also to try to determine the root cause of your issues. After completing the questionnaire, the doctor will be better able to assess your health conditions that may be contributing to your symptoms. Based on the severity of your condition, additional testing may be required to confirm the root etiology of your ocular surface disease. Most of these tests are billable to your insurance, but there may be some procedures that have some out of pocket costs. You will be informed of any additional testing necessary.
Corneal Staining Assessment
Conjunctival Staining Assessment

MMP-9 testing
Health History
Sjo Testing
Autoimmune blood panel

Eyelid Evaluation
Meibography
Bacterial Assessment
TBUT

Tear Lab
Lagophthalmos Assessment
Tear Lake Assessment

Tear Film Stability
Osmolarity

Inflammation
Cellular Damage

Corneal Staining Assessment
Conjunctival Staining Assessment