

# STEP TFOS DEWS II recommendations for the staged management and treatment of DED

1

- Education regarding the condition, its management, treatment and prognosis
- Modification of local environment
- Education regarding potential dietary modifications (including oral essential fatty acid supplementation)
- Identification and potential modification/elimination of offending systemic and topical medications
- Ocular lubricants of various types (if MGD is present, then consider lipid-containing supplements)
- Lid hygiene and warm compresses of various types

2

**If above options are inadequate consider:**

- Non-preserved ocular lubricants to minimize preservative-induced toxicity
- Tea tree oil treatment for Demodex (if present)
- Tear conservation
  - o Punctal occlusion
  - o Moisture chamber spectacles/goggles
- Overnight treatments (such as ointment or moisture chamber devices)
- In-office, physical heating and expression of the meibomian glands (including device-assisted therapies)
- In-office intense pulsed light therapy for MGD
- Prescription drugs to manage DED
  - o Topical antibiotic or antibiotic/steroid combination applied to the lid margins for anterior blepharitis
  - o Topical corticosteroid (limited-duration)
  - o Topical secretagogues
  - o Topical non-glucocorticoid immunomodulatory drugs
  - o Topical lymphocyte function-associated antigen-1 antagonist drugs
  - o Oral macrolide or tetracycline antibiotics

3

**If above options are inadequate consider:**

- Oral secretagogues
- Autologous/allogeneic serum eye drops
- Therapeutic contact lens options
  - o Soft bandage lenses
  - o Rigid scleral lenses

4

**If above options are inadequate consider:**

- Topical corticosteroid for longer duration
- Amniotic membrane grafts
- Surgical punctal occlusion
- Other surgical approaches (eg tarsorrhaphy, salivary gland transplantation)