

The Matossian Eye Associates Tear Osmolarity Protocol

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Tear osmolarity is an essential component of the patient work up in our offices. I incorporate the information gathered from the TearLab® Osmolarity Test to help me customize the treatment plan for each patient.

DRY EYE SYMPTOMS:

Tear Osmolarity is performed when any patient complains of dry eye related symptoms to include:

- Gritty grainy feeling in eyes
- Intermittent tearing
- Sandy sensation in eyes
- Tired eyes
- Scratchy feeling
- Excessive tearing
- Fluctuating vision
- Increased blinking
- Difficulty with vision after a few hours of using a computer, monitor, iPad or tablet
- Inability to wear Contact Lenses for as long as they wish

Cataract Consults: All patients scheduled for a cataract consult get tear osmolarity prior to seeing the surgeon. Based on the osmolarity outcome and lissamine green staining pattern of the conjunctiva and cornea, I implement a treatment plan to optimize the ocular surface. Patients are scheduled for their pre-operative keratometry, topography, tomography and biometry testing several weeks later allowing time for the tear film and cornea to improve.

Contact lens wearers: All patients who wear contact lenses and mention discomfort with their contacts by day's end or complain of their inability to wear them for as long as they would like, get tear osmolarity testing before our optometrists see the patients.

Dissatisfied patients: With their post operative vision after cataract surgery done elsewhere who come to me for a 2nd opinion, get tear osmolarity testing. Often, some component of the dissatisfaction is associated with ocular surface disease.

The silent group: Because a high percent of dry eye patients are asymptomatic early in the disease process, we perform tear osmolarity on all patients 40 years and older at the time of their annual eye exam.

With the above outlined comprehensive approach, we are able to diagnose ocular surface disease earlier and implement treatment modalities before disease progression.