



## Dry Eye Syndrome (Initial Evaluation)

**(Ratings:** A: Most important, B: Moderately important, C: Relevant but not critical

**Strength of Evidence:** I: Strong, II: Substantial but lacks some of I, III: consensus of expert opinion in absence of evidence for I & II)

### Initial Exam History

- Ocular symptoms and signs **(A:III)**
- Exacerbating conditions **(B:III)**
- Duration of symptoms **(A:III)**
- Topical medications used and their effect on symptoms **(A:III)**
- Ocular history, including
  - Contact lens wear, schedule and care **(A:III)**
  - Allergic conjunctivitis **(B:III)**
  - Ocular surgical history **(A:III)** (prior keratoplasty, cataract surgery, keratorefractive surgery)
  - Punctal surgery **(A:III)**
  - Ocular surface disease **(A:III)** (e.g., herpes simplex virus, varicella zoster virus, ocular mucous membrane pemphigoid, Stevens-Johnson syndrome, aniridia, graft-versus-host disease)
  - Punctal surgery **(A:III)**
  - Eyelid surgery **(A:III)** (e.g. prior ptosis repair, blepharoplasty, entropion/ectropion repair)
  - Bell palsy **(A:III)**
- Systemic history, including
  - Smoking or exposure to second-hand smoke **(A:III)**
  - Dermatological diseases **(A:III)** (e.g., rosacea)
  - Technique and frequency of facial washing including eyelid and eyelash hygiene **(A:III)**
  - Atopy **(A:III)**
  - Menopause **(A:III)**
  - Systemic inflammatory diseases **(A:III)** (e.g., Sjogren's syndrome, graft-versus-host disease, rheumatoid arthritis, systemic lupus erythematosus, scleroderma)
  - Other systemic conditions **(A:III)** (e.g., lymphoma, sarcoidosis)
  - Systemic medications **(A:III)** (e.g., antihistamines, diuretics, hormones and hormonal antagonists, antidepressants, cardiac antiarrhythmic drugs, isotretinoin, diphenoxylate/atropine, beta-adrenergic antagonists, chemotherapy agents, any other drug with anticholinergic effects)
  - Trauma **(A:III)** (e.g., chemical)
  - Chronic viral infections **(B:III)** (e.g., hepatitis C, human immunodeficiency virus)
  - Nonocular surgery **(B:III)** (e.g., bone marrow transplant, head and neck surgery, trigeminal neuralgia surgery)
  - Radiation of orbit **(B:III)**

- Neurological conditions **(B:III)** (e.g., Parkinson's disease, Bell palsy, Riley-Day syndrome, trigeminal neuralgia)
- Dry mouth, dental cavities, oral ulcers **(B:III)**

## Initial Physical Exam

- Visual acuity **(A:III)**
- External examination
  - Skin **(A:III)**
  - Eyelids **(A:I)**
  - Adnexae **(A:III)**
  - Proptosis **(B:III)**
  - Cranial nerve function **(A:III)**
  - Hands **(B:III)**
- Slit-lamp biomicroscopy
  - Tear film **(A:III)**
  - Eyelashes **(A:III)**
  - Anterior and posterior eyelid margins **(A:III)**
  - Puncta **(A:III)**
  - Inferior fornix and tarsal conjunctiva **(A:III)**
  - Bulbar conjunctiva **(A:III)**
  - Cornea **(A:III)**

\* Adapted from the American Academy of Ophthalmology Summary Benchmarks, November 2010 ([www.aao.org](http://www.aao.org))