



ROBERT J. FUCIGNA M.D.  
Office: (203) 348-7575  
Fax: (203) 348-2893  
DoctorFucigna@AOCT.co

ADVANCED  
OPHTHALMOLOGY  
*of Connecticut*

1455 EAST PUTNAM AVE  
Old Greenwich, CT 06870  
www.AOCT.co

## **RESTASIS**

Restasis is the first and only Food & Drug Administration approved medication that treats the cause of dry eyes, not just the symptoms.

When you first take Restasis, you may feel a little burning upon installation. About 17% of study participants had very mild burning. The burning typically subsides within couple weeks of use. **Keeping Restasis refrigerated also helps decrease the burning sensation.**

The recommended dosage for Restasis is 1 drop 2 times a day. This medication comes in individual vials. Your pharmacist and the patient booklet suggest using 2 vials per day, but the following instructions are recommended by many leading dry eyes and Restasis experts. **This regimen will save you at least 50% of the cost of this medication.**

Instead of using 2 vials per day, **you can use 1 vial for 2-3 days.** Shake the vial before using. Snap the neck off one of the vials. Put one drop in the prescribed eye(s) in the morning. **Do not insert contact lenses or any other drop for at least 15 minutes.**

Place the Restasis vial in a shot glass leaning against the wall, cover with a clean baggie or plastic wrap and put in the refrigerator. Repeat the process with the same vial for the next 2-3 days, and then discard.

Your eye(s) will feel better every day. Studies show that patients begin to feel better within 4 weeks. However, it could take 3-6 months to achieve maximum therapeutic benefit, so please be patient.

When choosing an artificial tear to use with Restasis, do not use eye drops which have one of these words Endura or Soothe.

It is important to continue to use the drops long term, or your eye condition will return.