

# OMNI EYE SPECIALISTS

A Madison Street Company® Proudly Owned by Employees

*Specializing in Medical and Surgical Care of the Eye*

Cataract • Cornea • Anterior Segment • External Disease  
Glaucoma • Orbital, Lacrimal, & Oculoplastic • Vitreo-retinal

## Instructions for the Use and Handling of Autologous Serum Tears

In order to ensure the safety and efficacy of your drops, they must be handled properly.

- Please place all bottles of autologous serum tears (AST) in the freezer, and one bottle in the refrigerator as soon as you get home.
- The bottle in the refrigerator can be kept for up to 30 days, but must be discarded and replaced with a fresh bottle after the 30 day period.
- Write the expiration date on the bottle, which should be 30 days from the date the bottle is removed from the freezer.
- The bottles in the freezer are good for up to 8 months.
- Instill the drops in both eyes 4-6 times per day.
- Gently shake the bottle before instilling the drops.
- The drops should NEVER be shared with anyone and are formulated only for you.
- If you have additional medicated eye drops, please wait 10 minutes between drops.
- If you wear contact lenses, insert the drops prior to wearing or following removal of the contact lens. We do not recommend using them concurrently.
- If you experience any pain, irritation, blurry vision, redness, or any other worrisome signs, stop the drops immediately and call the office.

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[www.OmniEye.com](http://www.OmniEye.com)

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## Autologous Serum Tears Patient Information

***Brief Background:*** Tears are complex in nature and are important for overall ocular health. Patients with severe dry eye have difficulty finding relief, and supplementing the body's lack of tear production with lubricating drops is often inadequate. Many people have underlying medical issues which predispose to dry eye, including rheumatoid arthritis and thyroid disease, or take medications which compromise tear production. In most cases, there may not be a complete "solution" to dry eyes. We work to find relief for dry eyes and to prevent the long term damage to the ocular surface resulting from a lack of tear production.

***What are Autologous Serum Tears (AST)?*** Autologous means that the donor and the recipient are the same person. The tears are made from your own blood. We remove the red blood cells and clotting factors and leave the "serum".

***What doctor should I schedule with?*** Howard Amiel, M.D., He will see you at the main Cherry Creek office.

***How do you make them?*** We draw your blood, separate the components and only use the liquid serum. The serum is then diluted so that it is easier for your eye to accept.

***Will they burn and irritate my eyes?*** No. The drops should be kept refrigerated. Therefore the drops will be cool, refreshing and soothing.

***Why do they work?*** The AST work because the serum has very similar properties to natural tears, possessing important nutrients required for ocular surface health. In contrast, artificial tears lack many of the nutrients and growth factors your eyes need.

***How much do they cost?*** The initial evaluation will be submitted to your insurance. Unfortunately, your insurance will probably not cover the blood draw and the drops. The cost is \$60 for the blood draw and the first bottle of serum tears, and \$20 for each subsequent bottle. Patients usually leave with 6 to 8 bottles per blood draw that will last approximately 6 months. Should you return for more AST's, you will not incur an evaluation expense, only the blood draw and the bottles of AST's. (These prices are estimates and may be subject to change.)

***When will I know if they work?*** Be patient, as everyone is different. You will probably experience relief within the first few weeks of using your AST's.

***How often should I be checked?*** We recommend you see your eye doctor after the first month.

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