



What is IPL?

(Intense Pulsed Light)





Optilight IPL by Lumenis Is ...

- ✿ The **first and only FDA IPL treatment** approved specifically to dry eyes related to MGD (meibomian gland dysfunction)
- ✿ A **non-medical treatment** using light therapy to **reduce inflammation** due to dry eyes
- ✿ Able to eliminate the abnormal blood vessels that are perpetuating inflammation
- ✿ An effective treatment in ocular rosacea and rosacea cases
- ✿ Helping reduce the levels of demodex population (eye mites) and their associated bacteria
- ✿ Restoring meibomian gland's morphology and functionality



MGD Accounts for 86% of Dry Eye Cases!

Dry eye occurs when one of the 3 tear layers (shown below) are deficient. The most common cause of dry eyes is a lipid deficiency. This condition is referred to as **meibomian gland dysfunction** or MGD.

14% Aqueous Deficient

of patients with chronic eye discomfort of *known cause* have aqueous insufficiency

Lacrimal Gland

86% MGD

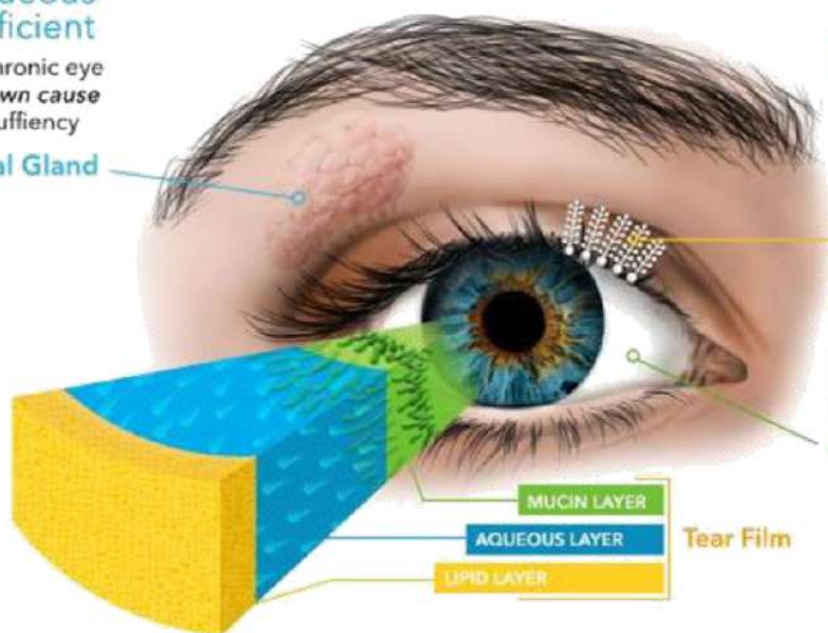
of patients with chronic eye discomfort of known cause have Meibomian Gland Dysfunction as a result of blocked or damaged meibomian glands

Meibomian Glands

<1% Other

of patients with chronic eye discomfort of known cause results from lack of mucin protection

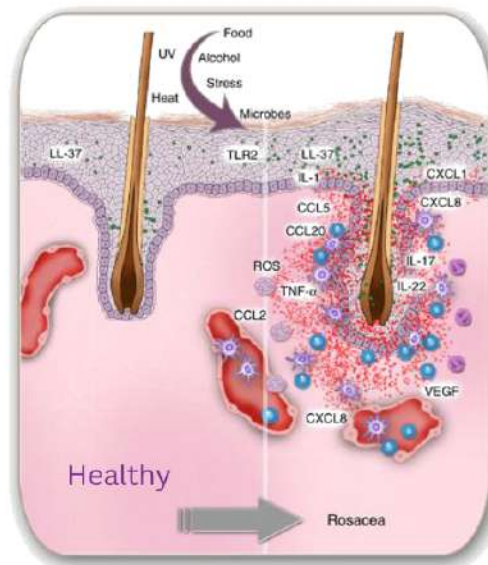
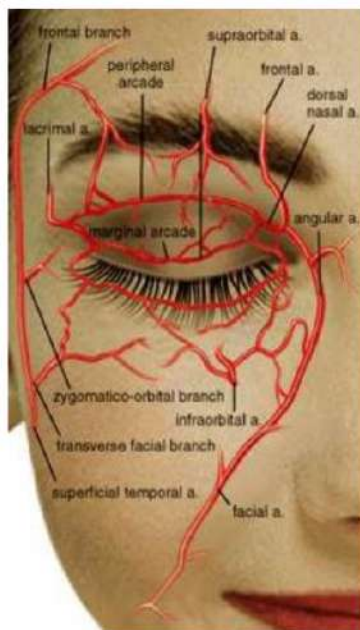
Conjunctiva



MGD and Rosacea

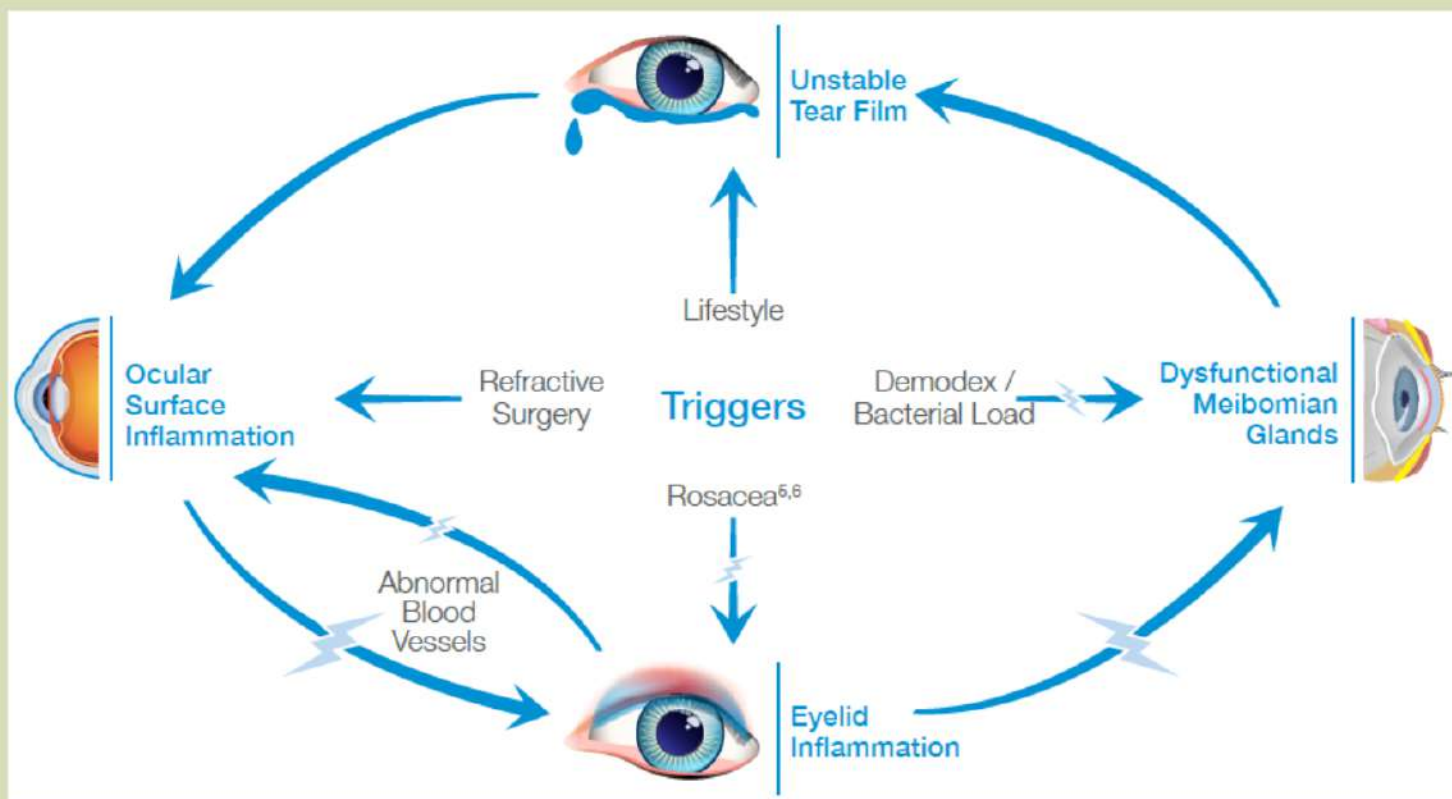
- **About 80% of rosacea cases have MGD**
- **MGD is often a skin gland disease**
- **Treating rosacea is essential as it propagates inflammation**

In rosacea, abnormal blood vessels release pro-inflammatory agents



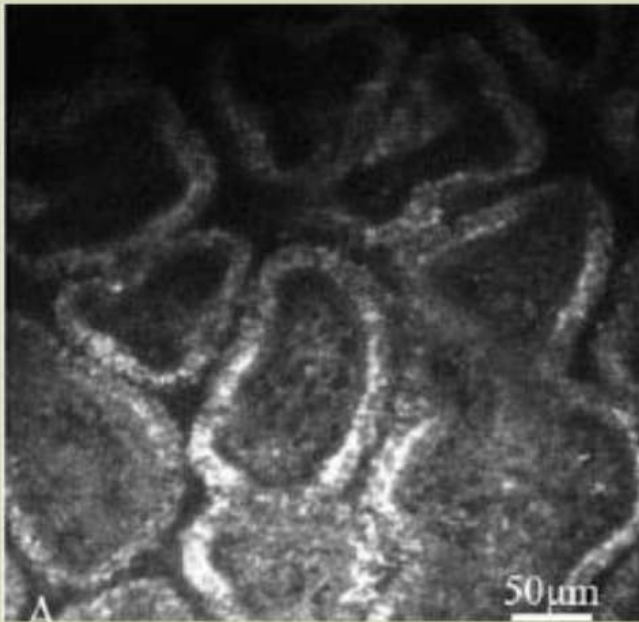
These pro-inflammatory agents propagate to the eyelids via the orbital vasculature

Optilight IPL Breaks the Vicious Cycle of Inflammation

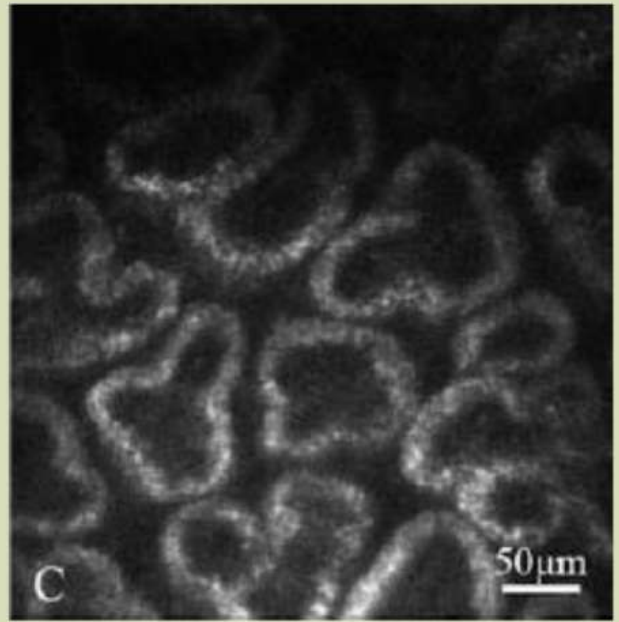


Meibomian Gland Morphology

Before IPL



After IPL



Restored morphology of meibomian glands after IPL treatment, Yin et al 2017



Benefits of IPL

✿ Improves skin appearance:

- Reduces the visible erythema (redness) and telangiectasis (spider veins)
- Smooths skin texture and fine wrinkles
- Diminishes age spots

✿ Treats the root cause of dry eyes:

- Improves comfort of the eyes, less irritation, and relief of dry eyes

✿ Increases production of oils and water in tear film

✿ Reduces overall swelling around the lids and skin

✿ Decreases appearance of eye redness

✿ Alleviates the use of eyedrops

Rosacea Patients



Patients with age spots







Patient testimonial



“

How do you explain to someone that your dry eyes cause you to wake in the middle of the night 3-4 times? Well, 20/20 Dry Eye Spa gets it and understands the disease and/or inflammation that causes dry eye disease/dysfunction. For months, if not years my dry eyes got progressively worse. My optometrist and ophthalmologist both only offered a band-aid for the problem. But, at 20/20 Dry Eye Spa they have all the arsenals to help your eyes heal and be comfortable. Found out what was causing my dry eyes and as a team, I was offered solutions to get my eyes feeling better. And now, after only a few months of treatments, drops and eye hygiene I can finally sleep through the night without waking to put in eye drops. It was a vicious cycle, inflammation causing lack of sleep causing more inflammation. I went to 20/20 Optometry as a last resort with no recommendation or expectations and **THANK YOU** will never be enough for the care, treatments, professionalism and help for my dry eyes. I will be forever in gratitude and a lifelong patient for my eye health. Everyone, and I mean everyone, in the office is nice and professional. No one has a bad day there!

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**If want to learn more about
Optilight IPL, talk to your
doctor for more information.**

**Let us help you achieve
healthy, natural, beautiful eyes!**



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