

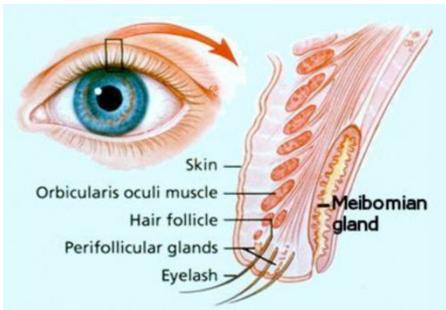


# Intense Pulsed Light (IPL) Therapy for Dry Eye Disease with LUMENIS

Thank you for showing interest in **Intense Pulsed Light (IPL) Therapy** for Dry Eye Disease. Dry eye disease (DED) affects millions worldwide, causing discomfort, visual disturbance, and reduced quality of life. At Eyecare Plus Avalon Beach, we provide the latest state-of-the-art in-house treatment using the only TGA approved IPL device available in Australia.

## How Does IPL Work in Treating Dry Eye?

IPL therapy involves using high-intensity pulses of broad-spectrum light (not laser) to target abnormal blood vessels and inflammation on the eyelid margins and skin. This process can reduce inflammatory mediators, improve meibomian gland function, and restore normal tear film stability. The mechanism includes photothermolysis of telangiectatic vessels contributing to ocular surface inflammation and alteration of biofilm on eyelids.



## Benefits of IPL Treatment

- **Symptom relief:** Patients often report significant reduction in dryness, burning, and foreign body sensation.
- **Meibomian gland function:** Improves gland secretion and reduces gland dropout over time.
- **Inflammation reduction:** Decreases ocular surface inflammation, promoting healthier tear film.
- **Non-invasive:** Generally well tolerated, with minimal discomfort.

## Introducing Lumenis IPL Technology

Lumenis stands out from other IPL devices because it uses advanced technology that makes treatments safer, more comfortable, and more effective. Its special features allow practitioners to customise treatments to each person's needs, leading to better results in relieving dry eye symptoms caused by meibomian gland problems. Additionally, Lumenis is the only IPL device approved by the TGA (Therapeutic Goods Administration) in Australia, which means it has been carefully tested and approved for safety and effectiveness in treating dry eye.



## What To Expect During an IPL Session

An IPL treatment for dry eye is a quick, non-invasive procedure that involves applying bursts of broad-spectrum light to the eyelid area to reduce inflammation, target abnormal blood vessels, and improve meibomian gland function. Before starting, your eyelids are cleaned, and protective eye shields are placed to ensure safety. A cooling gel is applied to help conduct the light, and the practitioner gently pulses the light over the eyelid margin and surrounding skin, which may cause a warming or slight snapping sensation. The session typically lasts 20-30 minutes, and most patients undergo a series of 4 treatments spaced about two to four weeks apart. Mild skin redness or warmth may occur post-treatment, but these effects usually resolve quickly. Regular follow-up is essential to monitor progress, and improvements in dry eye symptoms and gland health generally become noticeable several weeks after completing the sessions.



Scan to watch a video to learn more!



**Eyecare Plus Avalon Beach**

13 Bowling Green Lane

Avalon Beach NSW 2107

P: (02) 9918 2400

E: [avalonbeach@eyecareplus.com.au](mailto:avalonbeach@eyecareplus.com.au)

[www.eyecareplus.com.au/avalonbeach](http://www.eyecareplus.com.au/avalonbeach)

## Risks and Potential Side Effects

While generally safe, IPL therapy can have minor side effects, including:

- Mild skin redness or swelling at treatment sites.
- Transient ocular discomfort or light sensitivity.
- Rarely, skin pigmentation changes or burns if improperly applied.

## Contraindications

IPL therapy should be avoided for:

- Patients with photosensitive skin conditions or active skin infections.
- Those with history of skin cancer or significantly pigmented skin in the treatment area.
- Patients who have had their eyeliner tattooed.
- Pregnant or breastfeeding women, due to limited data on safety.
- Patients taking photosensitizing medications (e.g., doxycycline).
- Individuals with recent ocular surgery or infections (such as herpes simplex/shingles near the treatment area).

## Treatment Frequency

Most patients can expect immediate results after even one session of IPL treatment. Clinical studies have shown that 4 sessions of IPL treatment over 2-3 months at 2-4 weekly intervals are required for successful long lasting dry eye relief. These results can last 6 to 12 months or more. For more severe cases, additional maintenance sessions may be required on a 3-monthly to yearly interval depending on your symptoms

## Cost

At Eyecare Plus Avalon Beach, our treatment package fee of \$900 consists of the recommended 4 IPL treatment sessions, a saving of \$100. Single sessions and maintenance sessions are \$250 each. There are no Medicare or private health insurance rebates for IPL therapy.

## Say Goodbye to dry eye discomfort!

Dry Eye Disease doesn't have to dominate your life. Thanks to advancements like Lumenis IPL, those suffering from persistent dry eyes now have a promising option for real relief. While IPL may not completely cure dry eye, it can greatly lessen symptoms, boost tear production, and provide long-lasting comfort.

If you have been struggling with chronic dry eye symptoms and other treatments haven't helped, it may be worth considering this TGA-approved therapy. Here's to healthier, more comfortable eyes, and a future free from the discomfort of dry eye disease!

Call to make an initial obligation-free Medicare bulk-billed dry eye assessment with one of our IPL qualified optometrists



**Dr Li Chen**  
B.Optom (Hons) UNSW  
TPA Endorsed



**Dr Sanisha Nand**  
B.Optom (Hons) UoA  
TPA Endorsed



**Dr Mark Wilson**  
B.Sc.Optom  
1st Class Hons UK

### Further reading

- Goto et al. (2020):  
"The use of IPL combined with meibomian gland expression has been shown to significantly improve gland function and decrease inflammation in patients with meibomian gland dysfunction-related dry eye." (Goto et al., 2020, Cornea)
- Sabharwal et al. (2020):  
"Patients treated with IPL using the Lumenis device demonstrated notable improvements in dry eye symptoms and meibomian gland expressibility, with effects sustained for at least six months." (Sabharwal et al., 2020, Ophthalmic Plastic and Reconstructive Surgery)
- Finis et al. (2019):  
"A randomized controlled trial indicated that IPL provides a statistically significant improvement in dry eye symptoms, with a mean symptom reduction of approximately 40%." (Finis et al., 2019, Ophthalmology)
- Gonzalez et al. (2020):  
"IPL therapy exerts antimicrobial effects by disrupting eyelid biofilms, thereby reducing bacterial colonization and associated inflammation in dry eye patients." (Gonzalez et al., 2020, Ophthalmic Plastic and Reconstructive Surgery)

Tired, sore, gritty eyes?

# DRY EYE

There are many ways to treat dry eye.  
Book your appointment today.

Locals caring for locals



 Eyecare Plus