

WHAT IS DRY EYE?

Dry eye is a common condition that affects the ocular surface and the eyelids. Dry eye occurs when your tears don't provide sufficient lubrication for the eyes to stay wet or when the tears don't work properly.

WHAT ARE THE CAUSES?

- Abnormal tear evaporation, due to insufficient lipids (oils)
- Poor tear production, due to insufficient water in the tears
- Unbalanced tear composition or
- Low frequency or incomplete blinking

WHAT ARE THE SYMPTOMS?

- Dryness, Stinging, Itching, Irritation, Burning or a Gritty Sensation
- Variable Quality of Vision (sometimes it's clear and sometimes it's blurry)
- Sensitivity to Light or Wind
- Difficulties opening eyes in the morning (eyelids stuck together)
- Stinging and Burning when exposed to vapors (such as cut onions, cigarette smoke or paints)
- Excessive Tearing

But you may also have no have symptoms at all.

WHAT CAUSES DRY EYES?

Dry eye can affect anyone, but it occurs more frequently when there are:

- Hormonal changes, age
- Extended screen use, which leads to insufficient and incomplete blinking
- Some medications
- Cataract or LASIK surgery
- Environmental conditions (smoke, pollution, air conditioning etc)
- Long-term contact lenses use
- Demodex infections (eyelash parasites) and diseases that cause inflammation of the eyelids (blepharitis), such as rosacea, seborrheic dermatitis, psoriasis and eye allergies
- Excessive use of make-up on the eyelashes and eyelids.

DRY EYE

Eyecare Plus Moss Vale loves helping people of the Southern Highlands manage their dry, sore and irritated eyes.

MANAGEMENT STRATEGIES INCLUDE:

- Eye Drops
- Modification or Supplementation to Diet
- Warm Compresses + Massage
- Improving Efficiency of Blinking
- Punctal Plugs
- Intense Pulsed Light Therapy (IPL)

WHAT ARE TEARS?

Tears are composed of three layers, known as the tear film:

1. **The Lipid Layer (Oil)** - Limits tear evaporation, lubricates the eye and improves vision.
2. **The Aqueous Layer (Water)** - Hydrates and nourishes the cornea.
3. **The Mucin Layer (Adhesive)** - Sticks the tears to the cornea.



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IPL



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WHAT DOES IPL TREATMENT INVOLVE?

During the procedure, a protective shield is placed over the eyes and protective gel is applied to the skin below the eyes. A handheld device is used to deliver the light pulses to the targeted areas around the eyes. The treatment lasts only a few minutes and is followed by expression of stagnant and thick oils from the glands.

Initially patients are treated with four IPL sessions, spaced 2-3 weeks apart. Improvement is cumulative, not immediate. Patients will usually begin to feel the benefits of their treatment around the third treatment (or the four-week mark).

IPL is frequently used in conjunction with eye drops and dietary supplements, particularly in the early stages of treatment.

HOW DOES IT WORK?

Intense Pulsed Light technology works through:

Improving the Quality of Oils

- Regenerating and stimulating the oil producing meibomian glands, improving oil production, which in turn improves the quality and volume of tears.
- IPL is a restorative treatment, which with time and repeated treatment can help to regrow glands which have stopped working or reduced their function

Expressing Stagnant Poor-Quality Oils from the Meibomian Glands

Allows better-quality oils to flow and protect the ocular surface.

Reducing Inflammation

- By closing the fine red blood vessels on the eyelids.

Killing Bacteria and Demodex Around the Eyes

- Demodex are a common mite which can frequently invade the eyelashes, causing itchiness, irritation and puffiness, some noticeable early in the morning or later in the evening.

Intense Pulse Light Technology (IPL) has been used in Dermatology for many years and has been customised for use around the eyes. IPL is a long lasting, drug free, drop free treatment, which has been found to be safe, effective, gentle, non-invasive and has minimal side effects.

IPL was initially developed to specifically manage ocular rosacea but has been found to have much broader benefits for those suffering dry eyes, blepharitis, redness on the lower eyelid and significant ocular allergies.

IPL therapy can be used to help patients who are finding their eyes uncomfortable, despite regular use of preservative free lubricants and/or dietary changes or supplements.

IPL requires multiple treatment session to achieve optimal results. The improvement in the appearance and comfort of the eyes is cumulative.

Our optometrist will be able to evaluate your specific eye condition and determine if IPL therapy is appropriate treatment option for you.

DOES IPL HURT?

No. IPL treatment feels like repeated pulses of warmth across the face. The warmth is delivered by flashing light.

Some people find the initial gland expressions un-comfortable as your optometrist places pressure on your eye lids to express the stagnant oils. As the oils soften across the treatment schedule, less pressure is required and therefore there is less discomfort. Gland expression can be carried out under topical anaesthetic to minimise discomfort.

UNSURE IF YOUR EYES ARE DRY?

Please take our Dry Eye Surveys - DEQ5 & OSDI found on our website eyecareplus.com.au/Mossvale

