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Dry Eye Treatment Options: What You Need to Know

There are several ways to treat dry eye disease. This handout will help you compare three of the most common options: iLux®, Intense Pulsed Light (IPL), and traditional prescription or over-the-counter eye drops. Each treatment works differently and may be recommended based on your specific symptoms and lifestyle.

Feature	Optilight IPL (Intense Pulsed Light)	iLux®	Prescription Dry Eye Medications
How it Works	Uses light pulses to reduce inflammation and unclog glands; improves skin tone; reduce Demodex mites.	Applies heat and pressure to unclog Meibomian glands (gland expression).	Provides moisture or reduces inflammation through medications. May also be combined with IPL or iLux® for more severe dry eye.
Treatment Time	4 sessions to start, 10–20 minute in-office sessions	Quick 8–12 minute in-office procedure.	Daily use required, sometimes multiple times a day.
Drug-Free?	Yes	Yes	No – most require anti-inflammatory or lubricating agents.
Cosmetic Benefit	Improves skin tone, reduces redness and rosacea	None	None
Duration of Relief	Months – with maintenance every 6 months	Weeks to months	Temporary; Must use on a consistent basis
Good For	Inflammatory dry eye, rosacea-related dry eye, blocked oil glands, and cosmetic improvement	Blocked oil glands (Meibomian Gland Dysfunction).	Mild to moderate dry eye

Why Consider IPL?

IPL is a modern, drug-free approach to treating dry eye caused by inflammation and Meibomian gland dysfunction. In addition to long-lasting relief, it also improves skin tone and reduces redness — making it both a medical and cosmetic treatment. Many patients enjoy clearer eyes and clearer skin!