

RELIEF FOR DRY EYES: HOW LIGHT THERAPY CAN HELP

Understanding Intense Pulsed Light (IPL) Treatment with OptiLight by Lumenis

What is Dry Eye?

Dry eye happens when your eyes don't make enough tears or when the tears don't stay on the surface long enough.

This can cause:

- Burning, stinging, or gritty sensation
- Redness or irritation
- Blurry vision
- Watery eyes (yes, even that's a sign!)

One common cause of dry eye is **meibomian gland dysfunction (MGD)** – this is when tiny oil glands in your eyelids get clogged and can't keep your tears from evaporating too quickly.

What is IPL (Intense Pulsed Light) Therapy?

IPL is a gentle light treatment that was first used in dermatology to treat rosacea and skin redness. Now, it's been proven to help with certain types of dry eye, especially when caused by inflamed or clogged oil glands in the eyelids.

How Does It Work?

✅ Targets Inflammation

The light reduces inflammation around your eyes and cheeks – calming the skin and supporting better eye health.

✅ Unclogs Oil Glands

The heat from the light helps melt and loosen blockages in the oil glands (meibomian glands), helping them produce a healthier oil layer for your tears.

✅ Kills Bad Bacteria & Mites

It also helps reduce harmful bacteria and Demodex mites, which can contribute to dry eye.





What to Expect

- Treatment is done in-office – no surgery or needles.
- A small flash of light is applied to the skin around your eyes (protective goggles are worn).
- Sessions are quick – about 15 minutes.
- Most patients need a **series of 3–4 treatments** spaced a few weeks apart.
- **Maintenance treatments are usually recommended every 6 months** to keep symptoms under control and maintain results.

Why We Use the Lumenis OptiLight System





At our clinic, we use the **OptiLight system by Lumenis**, the **first and only IPL device FDA-approved** specifically for managing dry eye disease due to meibomian gland dysfunction.

OptiLight is:

-  **Backed by clinical research**
-  **Gentle and precise, with customizable settings for comfort and safety**
-  **Designed specifically for treating the delicate area around the eyes**
-  **Cosmetic Benefits: Reduce wrinkles and even skin tone!**



Real Benefits People Notice:

-  Less eye irritation
-  Reduced redness
-  Better tear film quality
-  More lasting relief between drops

Great Lakes Optometry
2237 Ashmun Street
Sault Sainte Marie, MI 49783
906-635-9600