

■ DRY EYE TREATMENT GUIDE

# *RadicalEyes*

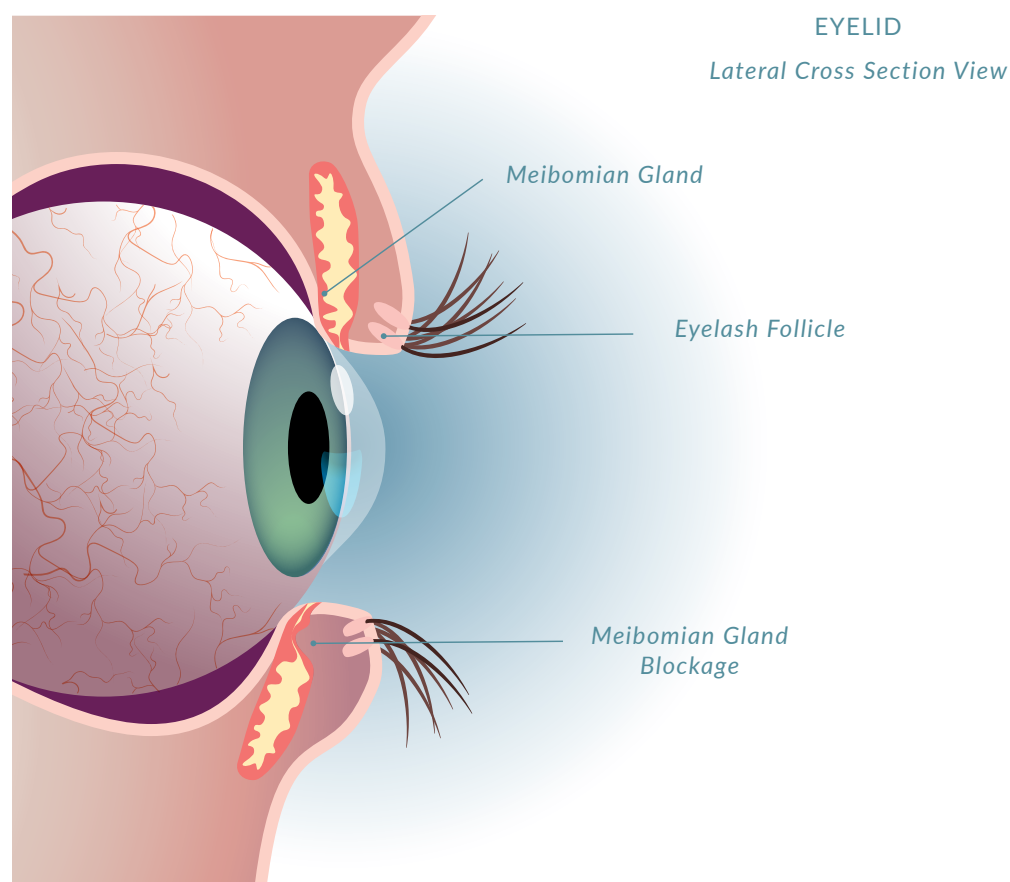


# Sustainable, Long-Lasting Relief from Dry Eye Disease Is Possible

Tears are necessary to maintain the health of your eyes and aid in providing clear vision. They also reduce the risk of eye infection and act as a natural cleaner, washing away foreign matter in the eye. When the production of tears or drainage is not in balance, the result is dry, red or irritated eyes. This is known as Dry Eye Disease.

Dry Eye Disease can have a significant impact on your quality of life, leading to pain, watery eyes, and even blurry vision. The most common treatment for Dry Eye Disease is over-the-counter eye drops. Unfortunately, over-the-counter eye drops do little to address the root cause of dry eye, leaving patients frustrated in an endless pursuit of relief. Wilmington Eye's experienced providers offer some of the most advanced treatment options for Dry Eye Disease that provide patients with long-lasting results long after they've left the treatment room.

This Dry Eye Treatment Guide explains the various treatment options offered at Wilmington Eye, as well as valuable information to assist you in the management of Dry Eye Disease. Please keep in mind that only your physician can determine which treatment option is best suited to your needs.



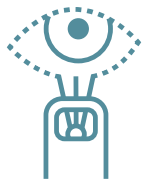
## *What Is Dry Eye Disease?*

If you suffer from eyes that are red or irritated, stinging and burning, or even tired and painful, you may be suffering from Dry Eye Disease. Dry Eye Disease occurs when your tears are no longer able to provide adequate lubrication for your eyes and affects an estimated 44 million Americans. One of the first steps in treating Dry Eye Disease is over-the-counter eye drops. However, patients that experience more severe or persistent dry eye symptoms may require additional treatment to repair or manage the underlying cause of dry eye.

Our highly experienced team of eye care professionals offer in-office procedures such as iLux, Lipiflow and Intense Pulse Light Therapy (IPL) that can provide you with long-term relief from dry eye symptoms and improve your overall vision. We work with you to develop an individualized treatment plan that is best suited for your needs.







## iLux

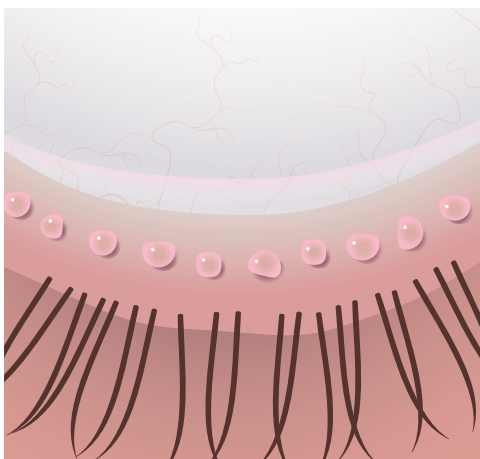
Blurred vision and dry, sore, crusty eyes are often the result of MGD or Meibomian Gland Dysfunction, one of the specific causes of dry eye. MGD causes evaporative dry eye, which occurs due to blockage of the oil glands in the eyelids. When these glands get blocked or aren't functioning at their fullest potential, signs and symptoms of Dry Eye can develop. Early detection and treatment are important to alleviate symptoms, improve your overall eyesight and eliminate the risk of permanent damage to the eyes.

With iLux, we treat the root cause of MGD with a localized heat and pressure therapy that gently works to unblock meibomian glands. This helps you feel better and see better. Treatment is delivered in as little as 8 minutes and provides fast acting, long-lasting relief. This innovative non-surgical treatment for MGD improves visual clarity, reduces eye irritation and dryness and provides long-term relief from dry eye symptoms. With iLux, we are also able to capture digital images and video of the meibomian glands to evaluate a patient's response and guide future treatment plans.

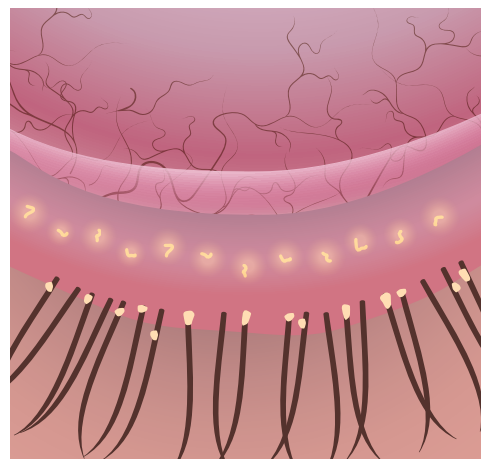
### iLUX PROVIDES:

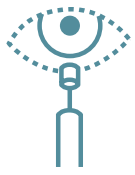
- *Simple, fast, non-surgical treatment for MGD, a specific type of Dry Eye*
- *Delivers fast acting, long-lasting results in as little as 8 minutes*
- *Alleviates dry eye symptoms by addressing the root cause*
- *Localized heat and pressure therapy for gland expression*

NORMAL  
Healthy Eyelid Oil Glands



MGD  
Impacted Eyelid Oil Glands





## BlephEX

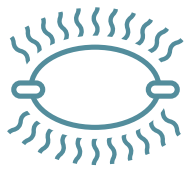
A common cause of dry, itchy or irritated eyes is a condition called blepharitis. When the eyelids accumulate dirt and debris, a hard shell known as biofilm begins to form. Over time, this plaque-like build-up of biofilm and other difficult-to-remove debris can cause irritation and lead to dry, scratchy eyes. BlephEx is a new form of dry eye treatment that specifically targets the eyelids and lashes to remove debris and biofilm, helping patients maintain clean and healthy lids. This convenient in-office procedure cleans your eyelids using a soft medical-grade micro-sponge with little to no discomfort. By gently and effectively cleaning the area around your eyelashes, BlephEx can reduce lid debris and improve your overall vision.

BlephEx is the first in-office lid hygiene procedure that helps those suffering from dry eyes. The entire procedure takes less than 6 to 8 minutes and is done at a Wilmington Eye facility. Once the procedure is complete, you will be able to resume your normal activities. Your doctor will determine how many treatments are necessary to ensure maximum results.

### BLEPHEX PROVIDES:

- *Quick and painless cleansing of the lashes*
- *Up to 50% reduction in lid debris*
- *Deep cleaning of lids to keep eyes and ocular surface healthy*





## LipiFlow Thermal Pulsation System

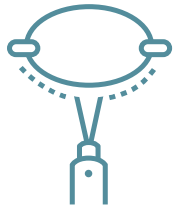
Many people who suffer from longtime symptoms of dry eye do not realize that their dry eye is caused by Meibomian gland dysfunction (MGD). MGD occurs when the tiny Meibomian glands (oil glands) in your eyelids become stopped up and are unable to protect the tear film—a thin layer of fluid that covers the outer surface of the eye. LipiFlow Thermal Pulsation System is an FDA-approved treatment for MGD that uses a cutting-edge device to heat up and massage away blockage in the glands in just 12 minutes.

Using what's called Vector Thermal Pulsation technology, heat is sent into the Meibomian glands inside your eyelids. A combination of heat and pressure liquifies the oil in the glands, massages any blockages and clears the obstructions that are causing dry eye symptoms. Most patients find the treatment relaxing and do not experience any pain with the procedure. Patients are able to resume regular activities immediately following the procedure, though vision may be temporarily blurry. Although some patients may see an improvement in their symptoms right away, optimal results are typically achieved in 6 to 8 weeks, with relief lasting up to 12 months.

### LIPIFLOW THERMAL PULSATION SYSTEM PROVIDES:

- *Non-invasive treatment for dry eye performed in the office*
- *No-downtime*
- *Relief from dry eye symptoms for up to 12 months*





## *Intense Pulse Light Therapy (IPL)*

It's estimated that roughly 82% of patients who suffer from Dry Eye Disease wish there was a more effective treatment. Now, there is. Intense Pulse Light Therapy, commonly referred to as IPL, directly addresses inflammation of the eyelids—one of the key underlying factors in dry eye disease. IPL therapy isn't invasive and targets the problem areas on the upper and lower eyelids safely, effectively and gently. The Optilight IPL device has been specifically designed and tested with the dry-eye patient in mind. This precise, intense broad-spectrum light device is the first and only IPL that's FDA-approved to treat dry eye and has been proven to provide long lasting results.

IPL Therapy typically involves 4 sessions, spaced 2-4 weeks apart. Each session takes approximately 10-15 minutes and is done at a Wilmington Eye facility. Due to the gentle nature of the treatment, there is no downtime, and most people can immediately return to their daily activities. Some redness around the treatment area is common but can be covered up with makeup straight away in most cases. For the best long-term results, treatments are usually recommended every 12-18 months. Here at Wilmington Eye, we pride ourselves on offering innovative treatment options that help our patients feel and look their best. Our dry eye IPL procedures can also be combined with any number of aesthetic IPL procedures to target age spots, sunspots, red skin and facial vessels.

### INTENSE PULSE LIGHT THERAPY PROVIDES:

- *2.7x improvement in tear break up time*
- *Non-invasive treatment for dry eye performed in the office*
- *Gentle, fast, no-downtime*
- *Improvements are often reported after 2nd or 3rd treatments*



## Meet Our Providers



### TRACEY MCKINZIE, PA-C

A Wilmington native, Tracey graduated from John T. Hoggard High School and received her Bachelor of Science in Health and Exercise Science at Wake Forest University. She earned her Physician Assistant degree from East Carolina University and did all of her clinical rotations in Wilmington. Tracey began her medical career in a family medicine practice, followed by four years in a local medspa before transitioning to oculoplastic care in 2017.

To learn more about Tracey McKinzie and to read her full bio, visit [WilmingtonEye.com/Tracey-McKinzie](https://WilmingtonEye.com/Tracey-McKinzie).



### MOLLY ORBAN, MD

Molly Orban, MD is a board-certified ophthalmologist and fellowship-trained oculoplastic surgeon. She earned a Bachelor of Science degree from University of Florida in Gainesville, Florida and her medical degree from the University of Central Florida College of Medicine. Dr. Orban completed a one-year transitional year internship at UCF and later completed her ophthalmology residency at the Storm Eye Institute in Charleston, SC. She also completed her fellowship training in ophthalmic plastic, reconstructive, and orbital surgery right here at Wilmington Eye.

To learn more about Dr. Orban and to read her full bio, visit [WilmingtonEye.com/Molly-Orban](https://WilmingtonEye.com/Molly-Orban).



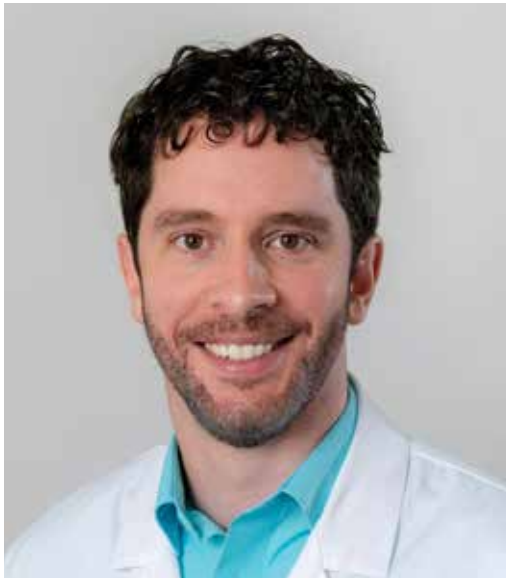




## HILARY COX, OD

Dr. Hilary Cox graduated summa cum laude from Washburn University in Topeka, Kansas with a Bachelor of Science degree, majoring in Biology and minoring in Chemistry and Physics. In 2012, Dr. Cox graduated with honors from Southern College Optometry in Memphis, Tennessee, completing externships studying ocular disease and specialty contact lenses at Malcolm Randall VA in Gainesville, Florida, and in primary care here in Wilmington. Dr. Cox focuses on the evaluation and treatment of pediatric strabismus, amblyopia and dry eye disease. She also performs specialty contact lens evaluations, emergency care, and comprehensive eye exams for both children and adults.

To learn more about Dr. Cox and to read her full bio, visit [WilmingtonEye.com/Hilary-Cox](http://WilmingtonEye.com/Hilary-Cox).



## CHAD TISDALE, OD

Dr. Chad Tisdale is an optometrist who provides primary eye care for all ages with an emphasis on disease care. In 2007, he received his undergraduate degree in Optometric Sciences from Indiana University, and then earned his Doctor of Optometry from Indiana University in 2009, graduating with honors. He completed externships at clinics in Utah, Nebraska, Indiana, and Mexico with training in primary care, ocular disease management, and pediatrics. Dr. Tisdale has been practicing in Southeastern North Carolina since 2009 and provided primary care to all age groups and helps to treat patients with glaucoma, macular degeneration, dry eye disease and diabetic eye disease.

To learn more about Dr. Tisdale and to read his full bio, visit [WilmingtonEye.com/Chad-Tisdale](http://WilmingtonEye.com/Chad-Tisdale).



## ERIN FUCHS, OD

Dr. Erin Fuchs, OD is an esteemed optometrist and has been in practice for over 13 years. Skilled in a wide range of primary care optometry, her specialties include prescribing contact lenses, assessing and managing ocular disease including dry eye disease and diabetic retinopathy, and pre- and post- operative LASIK and cataract care. She is also an active member of the North Carolina Optometric Society. She graduated from the University of Delaware in 2002 with a bachelor's degree in Biology. After receiving her bachelor's degree, Dr. Fuchs decided to attend the Pennsylvania College of Optometry and graduated in 2006. Following optometry school, she completed her year of residency at Wilmington VA Medical Center in Delaware where she focused on ocular disease.

To learn more about Dr. Fuchs and to read her full bio, visit [WilmingtonEye.com/Erin-Fuchs](http://WilmingtonEye.com/Erin-Fuchs).



## Frequently Asked Questions

### *Will I still need to use eye drops or artificial tears?*

*Ask your eye care professional about care following your treatment. In most instances, the use of eye drops, or artificial tears are encouraged to maintain lubrication of the eyes and eliminate uncomfortable symptoms of dry eye.*

### *Will I need to take off work for any of my treatments?*

*Most treatments are non-invasive, in-office procedures that do not require you to take any time off from work. Please consult with your eye doctor on specific instructions regarding post-treatment care.*

### *Are the procedures painful?*

*Most patients report feeling no pain at all during the treatments. However, soreness, foreign body sensation and moderate pressure are typical during and immediately following treatment. Any discomfort following your treatment is often controlled with Tylenol.*

### *Will insurance cover my treatments?*

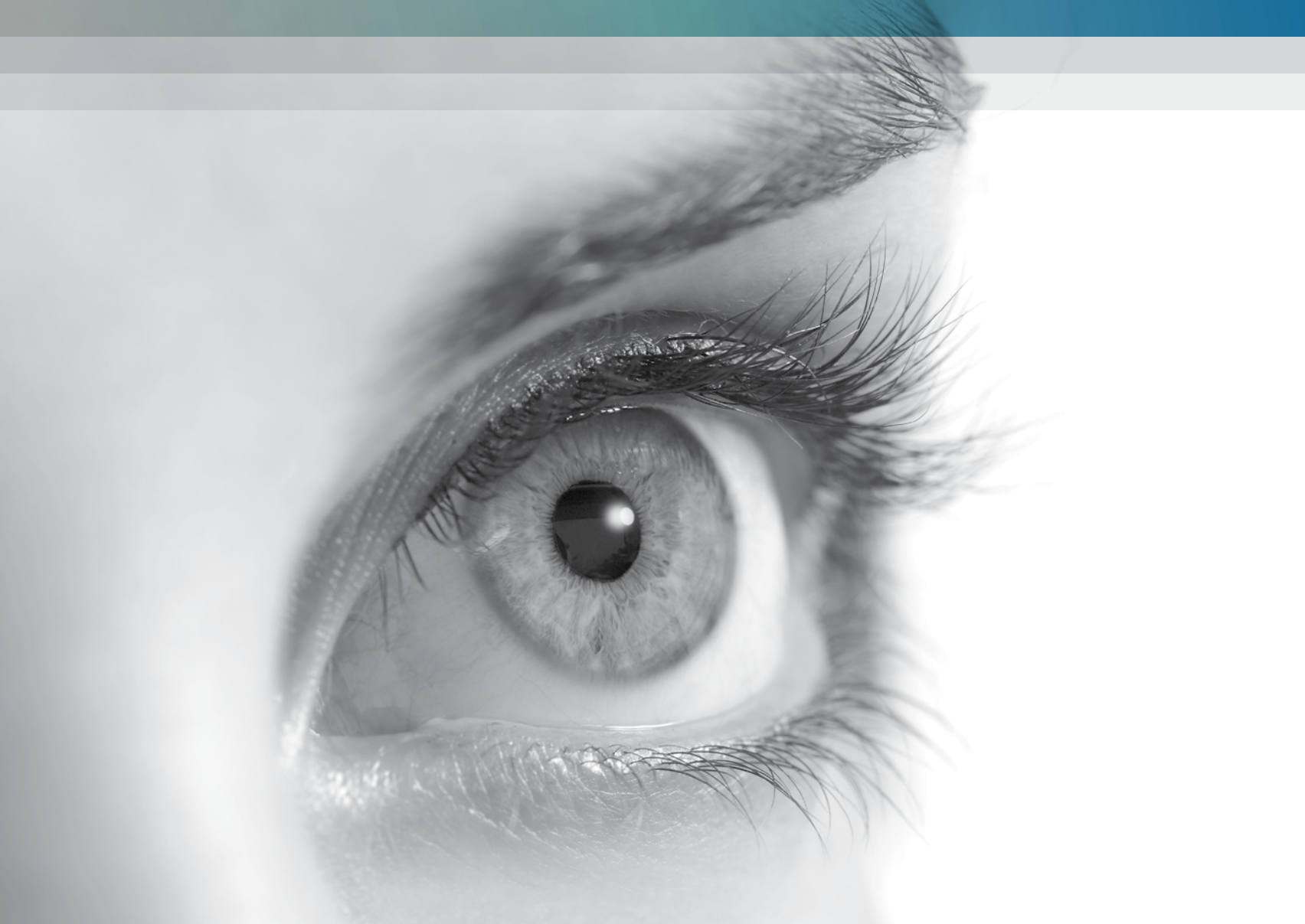
*Most treatments will not be covered by insurance and will therefore require payment at time of service. Wilmington Eye does accept most HSA or FSA funds and patients are encouraged to contact their insurance provider to find out if there are other ways to get reimbursed for payments made to Wilmington Eye.*

### *Can I drive myself to and from my treatment?*

*Yes, you will be able to drive yourself to and from your treatment. You will be able to safely return to all your daily activities immediately following your procedure.*

*Dr. Fuchs listened to my concerns about my dry eyes. She took time to talk to me about my options of treatment. She explained what type of test she was doing and why, and how we were going to treat my eyes. I will recommend her as a dry eye specialist!*

*Tina R.*



PREVENTATIVE CARE



SURGICAL SPECIALTIES



OPTICAL SHOP





WilmingtonEye.com | 910.763.3601