

Intense Pulsed Light Therapy (IPL)

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& BE
SEEN
EYECARE



What Is IPL?

IPL therapy, otherwise known as intense pulsed light therapy, is a painless in-office treatment that uses specific wavelengths of light to reduce inflammation and allow important oils to flow more freely.

The treatment device, which we apply to your skin, emits flashes of light. This light targets ocular rosacea and spider veins, which often cause inflammation in the tissues around the eyes. The light energy eliminates the damaged blood vessels and reduces inflammation.

The light also heats up and liquefies the oil your body uses to create a tear film. When the oil is softer, it's less likely to get stuck in your glands and more likely to coat your tears properly.

What Does Inflammation Have to Do With Dry Eyes?

Dry eye and inflammation go hand in hand. The more inflammation, the more dry eye. The two conditions seem to influence each other, creating an ongoing cycle. Your tears need an oil called meibum to hydrate and lubricate your eyes. When the skin around the eyes becomes inflamed, the meibomian glands cannot express meibum properly. Without meibum, your eyes become dry and irritated, which can cause the tissue around the eyes to become inflamed.

This entire process repeats itself, causing ongoing dry eye symptoms.

IPL is designed to reduce inflammation and help meibum flow more freely, which helps alleviate dry eye symptoms at their source.



Schedule your appointment today to see how we can help!

See & Be Seen Eyecare



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Schedule an Appointment Today!

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What to Expect From IPL

Starting With a Consultation

At See & Be Seen Eyecare, we use the latest in imaging technology. The **Oculus 5M** allows our team of specialists to determine the underlying cause of your dryness and in turn the best treatment option for you. We start with a consultation and evaluation to determine the source of your symptoms. From there, we can develop a fully customized treatment plan that's tailored to suit your unique needs.

Your treatment plan may include IPL, Lipiflow, BlephEx, and various other at-home and in-office treatments.



After Your Treatment

Some patients notice an immediate change in their dry eye symptoms. Still, it may take a series of treatments over a few months to see the biggest difference.

Aside from the blurriness, you should be able to return to your everyday activities after your IPL treatment.

What to Expect From IPL

You might benefit from IPL therapy if you suffer from:

- Ocular rosacea
- Spider veins around your eyes
- Itchy or gritty-feeling eyes
- Feeling that something is stuck in your eye
- Red eyes
- Periods of excessive tears

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