

Dry Eye and OptiLight / OptiPlus by Lumenis

Dry Eye, also known as keratoconjunctivitis sicca, Dry Eye Syndrome or Dry Eye Disease (DED) is a common eye condition that affects millions of people worldwide. It occurs when your eyes do not produce enough tears or when the tears evaporate too quickly, leading to discomfort and potential damage to the surface of your eyes.

Understanding Dry Eye Disease and MGD:

The surface of your eye is covered by a thin layer of tears, called the Tear Film. Your Tear Film has several important functions; it washes, protects, nourishes, and lubricates the eye.

A healthy Tear Film is maintained by blinking. Blinking replenishes the tears and oils necessary for healthy vision.

Tears are produced by several systems, and if any part of these systems breaks down, it can result in a reduced quality or quantity of tears, resulting in Dry Eye Disease (DED).

The lipid (oily) layer of the Tear Film is very important. It is produced by the Meibomian glands in the eyelids. If the lipid layer is not present or is of poor quality in the Tear Film, it can result in eye problems like Meibomian Gland Dysfunction (MGD).

MGD is a chronic condition which occurs when the glands in the eyelids don't produce enough oil, or the oil that is produced is of poor quality. This oil is called Meibum. It protects the watery layer of tears which cover your eyes and prevents them from drying out. MGD is considered to be a leading cause in DED, accounting for about 86% of cases.*

Symptoms and causes:

Common symptoms of DED and MGD include:

- Dryness, grittiness sensation in the eyes
- Soreness, redness, and irritation
- Excessive watering (a paradoxical response as your eyes try to compensate)
- Blurred vision or fluctuations in your vision
- Light sensitivity
- Burning and itching
- Dandruff around the eyelids
- Discomfort wearing contact lenses
- Difficulty to open eyelids in the mornings

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Dye Eye and MGD can be caused by many factors including, but not limited to:

- Aging and hormonal changes
- Environmental conditions such as air conditioning/heating
- Poor diet and dehydration
- Increased screen time, leading to reduced blinking
- Excessive contact lens wear
- Certain eye surgeries
- Certain medical conditions such as Diabetes and Sjögren's Syndrome
- Use of anti-histamines and some other medications

Importance of Proper Management:

Properly managing dry eye disease is crucial for several reasons:

- **Improved Comfort:** Effective management can alleviate the discomfort associated with dry eye symptoms, helping you enjoy better eye comfort and overall quality of life.
- **Preservation of Eye Health:** Untreated dry eye disease can lead to complications such as corneal damage, eye infections, and vision problems. Managing the condition can help prevent these complications.
- **Enhanced Vision:** Proper management can improve vision quality, reducing issues like blurred vision and light sensitivity.
- **Enhanced Productivity:** For those whose work involves extended screen time or detailed visual tasks, managing dry eye symptoms can enhance productivity and reduce work-related discomfort.

Managing Dry Eye Disease:

Dry Eye is **chronic and progressive**, meaning your symptoms will reoccur and worsen if not treated. For this reason, it is important for Dry Eye to be diagnosed and managed correctly.

Patient **compliance** is a key element in the treatment of Dry Eye and Meibomian Gland Dysfunction. Following a daily eyecare regime provided by your doctor is the most important part of treating and managing these conditions.

If you suspect you have dry eye disease or are experiencing persistent eye discomfort, it's essential to consult an eye care professional. They can diagnose the condition and recommend a personalized treatment plan.

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Treatment Options:

Depending on the severity and underlying causes of your dry eye disease, treatment options may include:

- Artificial tears or lubricating eye drops
- Prescription medications (such as anti-inflammatory drops or immunosuppressants)
- Punctal plugs (to block tear drainage)
- Lifestyle and environment changes (like adjusting screen time, using humidifiers, or changing your diet)
- Warm compresses and lid hygiene
- Heat therapy and Meibomian Gland expression
- Regular Follow-Ups: Managing dry eye disease often requires ongoing care and monitoring. Regular appointments with your eye care professional will help track your progress and adjust your treatment plan as needed.

OptiLight – A Bright Solution for Dry Eyes

What is OptiLight?

OptiLight is the first and only Intense Pulse Light, FDA-approved for dry eye management as of right now.

Using their patented Optimal Pulse Technology (OPT), a precise and intense broad-spectrum light helps address inflammation – one of the key underlining factors in Dry Eye Disease due to MGD.

OptiLight is specifically developed to reach the delicate contours of the treated area safely, effectively, and gently; setting new treatment standards and helping patients find a real solution for their Dry Eye.

How does it work?

In order to get good results, you will need a course of treatment that will be determined by the doctor during your first examination. That typically includes 4 sessions spaced 2-4 weeks apart, each taking as little as 15 minutes, and one maintenance session 6-12 months after the treatment course.

During the treatment your eyes are covered with protective shields and a cool coupling gel is applied to the treatment area (right below the eyes).

You may experience a warm sensation as light is applied to the skin, the treatment is gentle with minimum discomfort.

Immediately following the treatment, you may experience some redness and warm sensation. This will usually disappear within a few hours.

You can return to your daily activities and apply makeup straight away in most cases. You will be advised to stay out of direct sunlight for a few days and apply sunscreen.

Patients usually experience an improvement after their 2nd or 3rd treatment.

Maintenance treatments are usually recommended every 6-12 months to ensure the best long-term results.

STOP THE DRY EYE VICIOUS CYCLE OF INFLAMMATION



Reduce Inflammatory Mediators

Decrease the level of pro-inflammatory mediators to inhibit inflammation.^{1,2}



Improve Tear Breakup Time

Significantly boost tear break up time and decrease osmolarity.^{6,7}



Alleviate Abnormal Blood Vessels

Destroy the abnormal blood vessels that perpetuate inflammation.^{3,4}



Restore Meibomian Glands

Improve meibomian gland morphology and functionality.²



Decrease Demodex

Decrease the population of Demodex mites, which stimulate infection and boost the bacterial load on eyelids.⁵

Are there any risks?

Lumenis energy-based treatments are not suitable for everyone and, like every treatment, can carry some risks. Treatment with OptiLight is contraindicated for patients with the following conditions in the treatment area:

- Active infections
- Dysplastic nevi
- Tattoos
- Significant concurrent skin inflammation (excluding rosacea and acne)
- Active cold sores
- Open lacerations or abrasions
- Recent prolonged sun exposure

Caution is advised for patients with a compromised immune system, coagulation disorders, or a history of Herpes simplex near the treatment area. Patient's eyes must be occluded with eye shields during the treatment.

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Possible treatment site complications include, but are not limited to:

- Swelling, bruising
- Hair loss
- Pigmentary changes
- Eye damage can occur from exposure to the light, therefore protective eyewear **MUST** be worn during all sessions

DO NOT have this procedure if you:

- Have had significant sun exposure 2-4 weeks prior to treatment
- Have any active infections
- Photosensitive (epilepsy, etc)
- Are pregnant, nursing, or planning to become pregnant while undergoing the IPL series
- Used Acutane, retinols or corticosteroids within the past 6 months or used any medication requiring limited exposure to sunlight
- Those with very dark skin tones may be deemed a non-candidate
- Though extremely unlikely, persons with a history of keloid scar formation may be prone to scarring following any skin trauma, including IPL treat

Why stop there?

Introducing OptiPLUS by Lumenis

OptiPLUS' FDA-cleared, groundbreaking dual frequency RF technology can complement your treatment by precisely delivering heat to several skin layers to enhance blood circulation, collagen production and target your meibomian glands.

Pairing both OPT and dual frequency RF technologies significantly improves the number of expressible meibomian glands, meibum clarity and DED symptoms, while also providing skin rejuvenation, improved collagen production and noticeable improvement in the appearance of your eyelids.

Designed for all skin types, OptiPLUS ensures safe, comfortable, pain-minimized treatments using its innovative technology. OptiPLUS can be done on its own, or as a complement to your OptiLight dry eye care to improve DED symptoms and provide you with the aesthetic effect you've been looking for.

The treatment adds about 12 minutes total to your OptiLight session and feels just like a hot stone massage! Post care is the same as OptiLight's care: gentle, fast, and no-downtime. You can return to your daily activities straight away in most cases.

Keep in mind that it is crucial to wear broad spectrum(UVA/UVB) SPF 50 or higher during this treatment, and every day for your overall skin health!

What Else Can I Do?

As previously discussed, Dry Eye Disease (DED) can be influenced by a variety of factors, including your diet, environment, age, and more. That is why we equip you with all the necessary resources to effectively manage your symptoms, as crafting the ideal eye care routine is of utmost importance. During your examinations, our doctor will personally tailor a routine that suits you best. However, here are some daily steps to get you started:

Step 1: Heat

We offer a specialized in-office treatment called Thermal 1-Touch, which utilizes localized heat therapy for a precise and effective approach. This treatment instantly targets the eyelids, maintaining a consistent temperature to efficiently release lipids from the Meibomian glands. Following the application of heat, our doctor performs gland expression to ensure they are thoroughly unclogged. Patients often experience immediate relief and improved comfort.

To complement in-office treatment, regularly applying warm compresses at home for 5-10 minutes each day can help promote the healthy flow of essential oils, preventing blockages and clogged glands.

Step 2: Cleanse

Maintaining clean eyelids is essential to prevent gland blockages and remove potential allergens that may worsen dryness and itching, such as dust or pollen. Opt for preservative-free lid scrubs, cleansing gels, or hypochlorous sprays for gentle yet effective eyelid cleansing.

Step 3: Hydrate

Preservative-free artificial tears are an excellent means of replenishing moisture and ensuring lasting eye lubrication, especially on days when you are exposed to heavy air conditioning or heating. Dry eye ointments are also highly effective at retaining tears while you sleep, preventing rapid evaporation.

Step 4: Nourish

Incorporating Omega-3-rich foods into your diet can enhance hydration from within. You can find abundant sources of Omega-3 in fish and supplement pills. A daily intake of 2,000mg is recommended for improving not only your eye health but also the condition of your skin, nails, hair, and more. Remember to always consult with your primary care physician before starting any new dietary supplements.

Step 5: Disconnect

Spending time away from digital screens is highly beneficial to maintaining overall health and reducing dry eye and digital eye strain symptoms. If your daily activities require long periods of screen time, you can practice the 20-20-20 rule: For every 20 minutes of screen time, shift your eyes to look at an object at least 20 feet away for at least 20 seconds.

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Investing in Your Health and Well-being

The OptiLight and IPL treatments are not covered by insurance and the cost starts at \$495 per session for the restricted OptiLight treatment, and an additional \$400 per session for the expanded treatment (targeting the rosacea as well).

We understand the importance of your health and want to make it more affordable for you. That's why we offer discounts to ease the initial cost burden. We believe that investing in your well-being is a wise decision, and the strong approach we take to treat your DED and MGD symptoms provides even greater benefits for your overall health and daily comfort. We encourage you to explore these options, as they can make a significant difference to your overall wellness and quality of life.

OptiLight Treatment _____ \$400.00

- A. Save \$50 per session when you buy 4 or more sessions upfront (**\$350 each session**)
- B. Add your card on file and save \$25 per session, charged monthly for at least 4 consecutive months (**\$375 each session**)

OptiPLUS Treatment _____ \$400.00

- A. Save \$50 per session when you buy 4 or more sessions upfront (**\$350 each session**)
- B. Add your card on file and save \$25 per session, charged monthly for at least 4 consecutive months (**\$375 each session**)

Thermal 1-Touch Heat Therapy _____ \$120.00

- A. Save \$40 per session when you buy 4 or more sessions upfront (**\$80 each session**)
- B. Add your card on file and save \$20 per session, charged monthly for at least 4 consecutive months (**\$100 each session**)

IPL Photofacial Treatment _____ \$400.00

- A. Save \$50 per session when you buy 4 or more sessions upfront (**\$350 each session**)
- B. Add your card on file and save \$25 per session, charged monthly for at least 4 consecutive months (**\$375 each session**)

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Best Value for Your Money

We have observed the most favorable outcomes when all treatments are integrated. That is why we recommend starting your journey with a comprehensive approach to achieve the highest probability of finding relief quickly. The packages listed below include all the essentials required to maximize your results.

Deluxe Package** _____ \$2,400

- 4 sessions of the **OptiLight** Treatment
- 4 sessions of the **OptiPLUS** Treatment
- Dry Eye Therapy Bundle (includes all products needed for the at-home maintenance regime*)

(\$3,340 value / \$800 savings)

Upgrade to **Deluxe+ Package** for an additional \$500 to include your 5th maintenance session of the OptiLight and OptiPLUS, bringing your total to **\$2,900**.

Add on IPL Photofacial Treatment for 50% off when purchasing Deluxe or Deluxe+ Package

*over \$140 value (3 boxes of TTO Eyelid wipes, 1 TTO cleansing gel, 1 MGD Eyedrops, 1 Heat/Cool Eye Compress Mask)

**Financing available through CareCredit. Ask our staff for more information.

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Procedure Consent Form

Please check which treatment option of your choice:

- OptiLight Treatment Option A OptiLight Treatment Option B
 OptiPLUS Treatment Option A OptiPLUS Treatment Option B
 Thermal 1-Touch Therapy Option A Thermal 1-Touch Therapy Option B
 Deluxe Package **Deluxe+ Package** - Add my 5th maintenance session for an additional \$500.00

Please read and initial all the boxes below.

_____ I understand the above, and have read about the risks, benefits, and alternatives.

_____ I understand that no guarantees about results have been made.

_____ I understand that IPL is an elective procedure and hereby freely accept all the possible risks, complications and side effects that may result from the procedure.

_____ I understand that the IPL procedure may be performed by an employee who is properly trained and certified in its usage and authorize them to perform treatments on me in an effort to improve my symptoms.

_____ I agree to return for any recommended follow-up visits and to follow all pre and post-procedure instructions, and understand that patient compliance is of critical importance for the success of this treatment.

_____ I understand that sun exposure and tanning of any sort is not aligned with the pre and post-care instructions and may increase the chance for complications.

_____ I understand that results may vary with each individual and acknowledge that it is impossible to predict how I will respond to the treatment and how many sessions will be required to achieve desired results.

_____ I consent to photographs of my face being taken for progress tracking purposes, internal use, and kept solely in my medical record.

_____ I allow See&Co to use photographs taken of me for medical education or publication with applied discretion, and within their social media platforms to spread word about the procedure and show real life results, while maintaining my identity private (you may leave this box blank if you do not agree to sharing your pictures).

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Ocular surgery or eyelid surgery within 6 months prior to the first IPL session	NO	YES
Neuro-paralysis in the planned treatment area, within 6 months prior to the first IPL session	NO	YES
Uncontrolled infections or uncontrolled immunosuppressive diseases	NO	YES
Uncontrolled eye disorders affecting the ocular surface (i.e. active allergies)	NO	YES
Pre-cancerous lesions, skin cancer or pigmented lesions in the planned treatment area	NO	YES
Ocular infections within 6 months prior to the first IPL session	NO	YES
Prior history of cold sores or rashes in the perioral area or in the planned treatment area that could be stimulated by light at a wavelength of 560-1200 nm, including: Herpes Simplex 1 & 2, Systemic Lupus Erythematosus, and Porphyria?	NO	YES
Within 3 months prior to the first IPL session, use of photosensitive medication and/or herbs that may cause sensitivity to 560-1200 nm light exposure, including: Isotretinoin, Tetracycline, Doxycycline, and St. John's Wort or aromatherapy	NO	YES
Previous skin cancer	NO	YES
Radiation therapy to the head or neck within 12 months prior to the first IPL session	NO	YES
Planned radiation therapy within 8 weeks after the last IPL session	NO	YES
Planned chemotherapy within 8 weeks after the last IPL session	NO	YES
History of migraines, seizures, or epilepsy	NO	YES
Tattoos, pigmented lesions on the planned treatment area that should be protected	NO	YES
Exposure to sun or artificial tanning during 3-4 weeks prior to treatment	NO	YES
Any remaining suntan, sunburn, or artificial tanning products	NO	YES
Pregnant or possibility of pregnancy, postpartum or nursing	NO	YES
HIV	NO	YES
Medical history of keloids	NO	YES
Medical history of Koebnerizing isomorphic diseases (vitiligo, psoriasis)	NO	YES

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Allergies (please specify)	NO	YES
Currently taking medication (please specify)	NO	YES
Any observed modification (color, size, texture, and border) on the lesion to be treated?	NO	YES
Any hair on requested treatment area that should not be removed?	NO	YES
Previous skin procedures on the requested treatment area (Botox, fillers, peels, etc.)	NO	YES
Intake of aspirin or anti-coagulants	NO	YES
Easy bruising	NO	YES

My signature certifies that I duly read and understood the content of this informed consent form, and that I gave accurate information as to my health condition. I hereby freely consent to OptiLight IPL treatment.**

Patient Name (print)

Signature

Date

Witness Name (print)

Signature

Date

**This Consent Form is valid for all future IPL treatments performed, and I will alert the staff if there are any future changes to my medical history.