

AUCKLANDEYE DRY EYE CLINIC



LipiView® assessment

DRY EYE

Dry eye is a common condition, with 1 in 10 Australasian adults experiencing the condition at some point in their lives. It can result in varying symptoms or levels of discomfort.

You may experience sensitivity to light, blurred vision, a burning sensation, discomfort in windy or dry conditions or watery eye.

TYPES OF DRY EYE

There are two main forms of dry eye. It is important to diagnose which one to be able to treat effectively:

1. Evaporative dry eye is more common, and is caused by a poor quality tear film that is unstable and evaporates more quickly. The most common cause of this is abnormal inflammation or blockage of the meibomian glands - which are glands in the eyelids that secrete oily secretions that add to the tear film. A poor or insufficient oil layer may lead to tears evaporating 2-4 times faster than normal.
2. Aqueous deficiency dry eye: most of the thickness of the tear film is essentially water, secreted by the lacrimal glands. This gland may cease to function properly, either due to ageing, or inflammation associated with other diseases, such as rheumatoid arthritis. This leads to reduced volume of tears and dry eye symptoms.

WHAT HAPPENS AT YOUR FIRST ASSESSMENT?

During your comprehensive initial assessment, we will measure the quality of your tears and the health of your meibomian glands to determine the reason for your dry eye.

We may take a tiny sample of your tears using a Tearlab machine, in order to measure your osmolarity (the saltiness of your tears). We may also undertake a LipiView® evaluation to understand more about your tear film.

Lastly, we may perform a meibomian gland evaluation to determine if your glands are blocked or obstructed in any way.

Following your assessment, you will be given a tailored treatment plan. During your treatment you will have access to proven, state-of-the-art dry eye technology, including LipiFlow® and Lumenis Optima™ IPL, and your treatment will be provided by our expertly-trained clinical team.

TREATMENT: LIPIFLOW®

The Lipiflow® treatment (below) involves the use of an eyepiece and delivers cycles of warmth, pulsation and gentle pressure, to open and clear blocked Meibomian glands.



Lipiflow® treatment

Eye discomfort

Burning sensation

Dryness

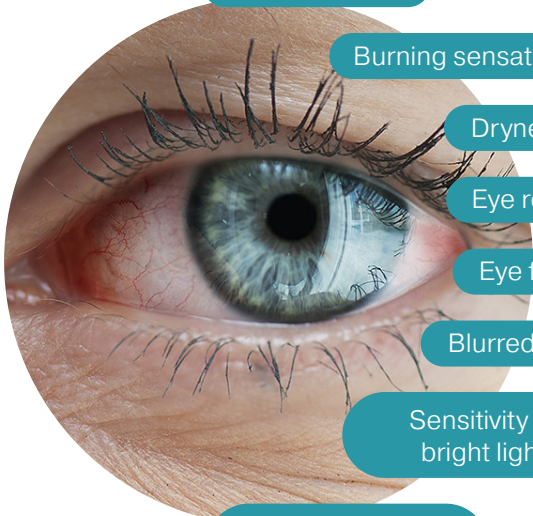
Eye redness

Eye fatigue

Blurred vision

Sensitivity to bright light

Overproduction of tears



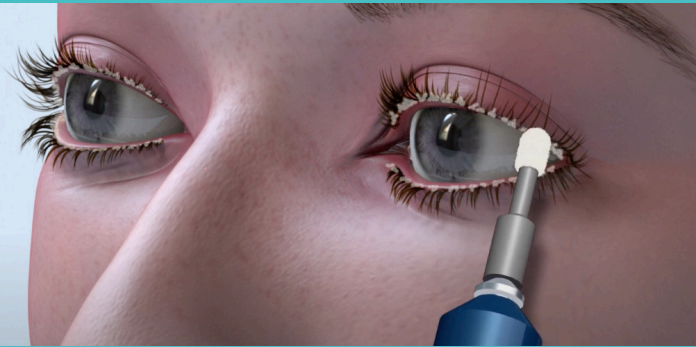
TREATMENT: LUMENIS OPTIMA™ IPL

If dry eye is caused by eyelid and skin inflammation, the Lumenis Optima™ IPL treatment is recommended. IPL stands for Intense Pulsed Light used for various skin treatments, including those related to the eyes.

The Lumenis Optima™ IPL is a revolutionary treatment that is gentle and effective. It treats skin and eyelid inflammation with maximum safety and comfort, and is customised to your skin type and condition. During the Lumenis Optima™ IPL treatment, light pulses penetrate the tissue to create heat. This targets the abnormal blood vessels that are the root cause of inflammation.

The body's natural response to the treatment sees the removal of the abnormal vessels and healing of the inflammation which is affecting the skin and eyelids. An extra benefit of the Lumenis Optima™ IPL is that it also improves the appearance of the skin at the same time as treating your eyelid inflammation.

TREATMENT: ABMAX™



AB MAX™ is an advanced treatment to remove scurf and bacterial debris that has built up on the outer eyelids. It will also gently massage the outer eyelid to help reduce or alleviate the debilitating symptoms of eyelid inflammation.



Lumenis Optima™ IPL treatment

PREPARING FOR YOUR INITIAL ASSESSMENT

It is important to observe the following before your first assessment:

- Do not use eye gels the night before or on the day of testing.
- Do not use dry eye drops the day of testing.
- Do not use eye medication (e.g. glaucoma medication) less than two hours before testing.
- Do not wear contact lenses on the day of testing. However, it is okay to wear contact lenses once testing is complete.
- Do not wear eye make-up, facial moisturisers or lotions on the day of testing.
- Do not directly rub or touch your eyes for two hours prior to testing.



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