

## Patient Handout: OptiLight Treatment for Meibomian Gland Dysfunction (MGD)

### Introduction

You have been diagnosed with Meibomian Gland Dysfunction (MGD), a common condition affecting the eyes' meibomian glands. We are pleased to offer OptiLight treatment, an innovative, FDA-approved solution for managing the symptoms of dry eye disease caused by MGD.



### What is OptiLight?

OptiLight by Lumenis is a Intense Pulsed Light (IPL) therapy specifically designed to address the root cause of MGD. This non-invasive treatment applies gentle pulses of light to the skin around the eyes, helping to improve oil production from the meibomian glands, essential for a healthy tear film and eye comfort.

### Benefits of OptiLight

- Non-invasive and painless
- Effective in improving meibomian gland function
- Reduces symptoms like dryness, burning, and discomfort
- Quick and convenient treatment sessions

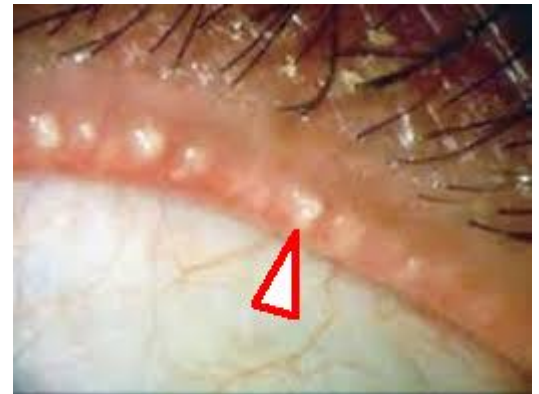


Figure 1 Blocked meibomian glands

### What to Expect During Treatment

- Before Treatment: Avoid skin treatments, certain antibiotics, and sun exposure before your appointment. Do not wear makeup, skin products, or sunscreen to the session.
- During Treatment: A quick, approximately 15-minute session. An eye shield is placed for protection, and a coupling gel is applied for light transmission.
- After Treatment: The treatment area may appear red for a few hours; this is normal. A standard course includes 4 sessions, spaced 2-4 weeks apart, with optional maintenance treatments every 6-24 months.



### Preparing for Your OptiLight Session

1. Medications and Supplements: Inform us of any medications or supplements you are taking, as some may need to be paused before treatment.
2. Skin Care: Discontinue use of retinol and other skin irritants a week prior to the session.
3. Sun Exposure: Avoid sunbathing and tanning beds for at least two weeks before the treatment.

### Post-Treatment Care

- Minimal side effects are expected. However, if you experience significant discomfort or visual changes, contact us immediately.
- Follow any specific post-treatment instructions provided by your eye doctor.
- Attend follow-up appointments as scheduled to monitor your progress and adjust treatment if necessary.

### **Frequently Asked Questions**

#### 1. Is OptiLight painful?

- The procedure is generally painless, with patients reporting only a mild warmth or tingling sensation.

#### 2. How long does each treatment session last?

- Each session is quick, taking approximately 10-15 minutes.

#### 3. How many treatments will I need?

- A typical course includes 4 sessions, with maintenance treatments recommended every 6-24 months.

#### 4. Are there any side effects?

- Side effects are minimal, with some patients experiencing temporary redness in the treated area.

More information at

<https://lumenis.co.uk/vision/products/optilight/>

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