#### WHAT CAUSES DRY EYE?

- Medical conditions such as blepharitis and rheumatoid arthritis
- Hormonal changes (menopause, pregnancy, contraception)
- Some medications
- Dry or windy environments, or high altitudes
- Central heating or air conditioning
- · Long hours on screens without blinking.
- Recent eye surgery
- Contact lens wear

#### DO YOU HAVE...

**Gritty or itchy sensation?** 

Blurred vision?

**Sensitivity to light?** 

Redness?

If so, you may have dry eye.

# WHAT CAN I DO TO RELIEVE DRY EYE?

- Drink more water
- Take screen breaks
- Eat well (Omega-3 and omega-6)
- Use eye drops



# WORRIED ABOUT DRY EYE? **LET US TAKE A LOOK**

Get in touch with your Optometrist to book a consultation.

Space for Optician Logo and contact details/QR code







"I was particularly impressed with the RF treatment; not only did it help my dry eyes, but it also improved the look of my hollow and dark under-eye area."



### ENVISION

by INMODE



## LET'S TALK ABOUT **DRY EYE**

We've all had moments where our eyes feel dry or tired. But if your eyes often feel sore, red, gritty, or even watery, it could be something more – you might have dry eye.

Dry eye is a common condition often caused by Meibomian Gland Dysfunction (MGD) when the meibomian glands in the upper and lower eyelids become blocked. Your eyes don't produce enough tears, or when the tears you do have evaporate too quickly.

Surprisingly, watery eyes can also be a sign of dry eye. If your tears aren't the right quality, your eyes may produce more to try and fix the problem, but without much relief.

Dry eye is more common as we age, but younger people are noticing it more too, especially as we all spend more time looking at screens.

Tears aren't just for crying – they help keep your eyes clean, healthy, and comfortable.

ENVISION







#### **ENVISION DRY EYE TREATMENT**

**DUAL THERAPY FOR MAXIMUM EFFECTIVENESS:** 

#### FORMA / + LUMECCA /

Complementary IPL and Radiofrequency treatments for the most effective all-in-one treatment for Meibomian Gland Dysfunction (MGD), giving more complete and longerlasting relief.



#### FORMA!

#### **FORMA-I RADIOFREQUENCY (RF):**

Gently warms and treats the eyelids to help unblock the meibomian glands improving the quality of meibum and relieving inflammation and eye irritation. This improves the quality of your tears and eases inflammation. It also boosts collagen, which can tighten the skin around your eyes.

Dual therapy - effective on all skin types from 1 to 6 and everyone in between

### LUMECCA

#### LUMECCA-I INTENSE PULSE LIGHT (IPL):

Targets inflammation around the eyes using gentle light therapy. It helps reduce redness and discomfort and can also treat other skin issues like rosacea, telangiectasia brown spots and wrinkles.



"I used to have severe dry eyes, needing drops constantly and not finding any relief, but now I hardly ever have to use them."



#### LET US TAKE A LOOK!

We'll perform a thorough check of the front of your eye to pinpoint what's causing your symptoms. From there, we'll work with you to create a personalized treatment plan that fits your needs.

#### WHAT CAN I EXPECT FROM ENVISION?

- Safe, painless and non-invasive
- Controlled, gentle and warming therapies
- Effective long-lasting results
- Fast treatment sessions
- No side effects with no downtime after treatment
- Safe for all skin types and tones
- Approx. 45 minutes for full IPL and RF treatment for both eyes
- Patients typically require 3-4 treatments 2 apart







"After doing IPL and RF, the difference has been incredible with my eyes!"