

OptiLight- Intense Pulse Light (IPL) Information Summary

OptiLight- HOW IT WORKS:

- Emits short wavelengths of blue light that target photophores which include melanin, hemoglobin, and water.
- Traditionally, the use of this light was used to help get rid of sun spots, freckles, color imperfections in the skin, fine lines, and mild wrinkles.
- Brief and powerful bursts of light at specific wavelengths can cause changes in blood vessels near the surface of the skin. By raising the skin temperature, problematic flora on the skin and eyes can be eliminated. This has a beneficial effect on the Meibomian glands.
- The light emitted from the device generates heat that coagulates cells and leads to thrombosis of the blood vessels. This minimizes redness and improves the appearance of the skin. This also improves the function of the Meibomian glands, resulting in improvement in dry eye symptoms.

Mechanism of Action of IPL:

- Destroys abnormal blood vessels (works well for Rosacea, Telangiectasia, and other inflammatory skin diseases that may be associated with Meibomian Gland Dysfunction)
- Reduces debris and risk of gland obstruction
- Decreases pro inflammatory mediators
- Up-regulates anti-inflammatory agents
- Decreases demodex and the bacterial load
- Liquefies meibum aiding in the expression of glands
- Activates fibroblasts and increases production of collagen and elastin
- Improves overall gland function

Treatment Process:

- Treatment includes 9 passes ear to ear under the lower eyelids and then expression of the meibomian glands.
- 4 initial treatments separated by 2-4 weeks, along with meibomian gland expression are recommended.
- Touch up and maintenance sessions are recommended every 6-12 months.
- Combining treatment with Lipiflow can be highly effective.