

Welcome to Empire Eye Physicians.

We offer a remarkable combination of advanced surgical skills and state-of-the-art medical technology. Our elite team of board certified surgeons, specialty trained physicians and staff will care for you in a personalized manner.

FREQUENTLY ASKED IPL THERAPY QUESTIONS

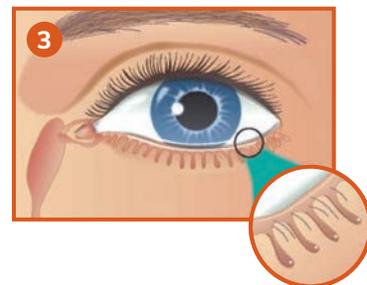
What is Intense Pulsed Light (IPL) Therapy? Intense Pulsed Light (IPL) Therapy, is a treatment to reduce inflammation of the oil glands that line the upper and lower lid margins of the eyelids, aiding in relief of chronic dry eye disease and Meibomian Gland Dysfunction (MGD). IPL Therapy utilizes pulses of light to thin hardened oils that have clogged the Meibomian glands in the eyelids. IPL Therapy also affects vascularization and inflammation of the eyelids, resulting in reduced eyelid redness and stimulating healthy gland function.

Why consider IPL Therapy? Many common treatments for chronic dry eye disease, such as artificial tears, hot compresses, and eyelid scrubs, focus on temporarily relieving symptoms, instead of treating the cause of the condition. IPL Therapy is designed to address Meibomian Gland Dysfunction (MGD), the root cause of evaporative dry eye. By focusing treatment on MGD, your doctor is able to offer symptom relief and slow the progression of your chronic dry eye condition.

How soon should I feel relief? Typically, relief may take up to 1-2 months as the frequency and intensity of flare-ups of Blepharitis, an inflammation of the margins of the eyelids, is dramatically reduced. Most patients notice relief by the third or fourth treatment. IPL Therapy is one of the most groundbreaking approaches to treating dry eye disease.

INTENSE PULSED LIGHT (IPL) TREATMENTS

Treatment: Your IPL treatments will begin with your doctor placing shields over your eyes to protect them from the light pulses, and a thin layer of cooling gel is applied to the treatment area (1). A small device is used to administer pulses of light from the edge of your ear to the bridge of your nose, just under each eye (2) and along the forehead region. The pulses of light help heat, liquefy, and loosen oils that have clogged the eyelids' Meibomian glands (3). When combined with Lipiflow Thermal Pulsation, the oil glands can be fully unclogged to attempt restoration of normal oil flow in the tear film. Oil is a very important component of the tears, and prevents the tears from evaporation, which can lead to dryness.





INTENSE PULSED LIGHT (IPL) TREATMENTS (CONT.)

Treatment (Cont.): Although many patients notice improvement in dry eye symptoms after their first or second treatment, your doctor will recommend an initial series of four IPL treatments, performed once a month over the course of four months. This initial treatment bundle is designed to help with long-term success in treating both chronic dry eye disease and Meibomian Gland Dysfunction (MGD), the root cause of dry eye disease.

Post Therapy: After the initial series of IPL treatments, most patients will only need occasional maintenance treatments depending on the severity of their dry eye condition. Your doctor may also recommend combining IPL treatments with other dry eye therapies such as Lipiflow, punctal plugs, or medications to maximize effectiveness and enhance symptom relief.



BEFORE & AFTER TREATMENT CARE

Before Treatment: Topical products containing glycolic acid, Retin A, exfoliators and bleaching agents should be discontinued 2-3 days prior to each treatment. You may not be able to be treated if you have a tan, should avoid sun exposure and wear sunblock with SPF 30 or higher, ideally one that contains zinc or titanium. This is regardless of the weather conditions as UV rays remain present and powerful even during the winter months.

After Treatment: Immediately following your IPL treatment, you may experience some redness around the treated area which usually disappears within a few hours. In most cases, makeup may be applied immediately and daily activities can resume the same day. You will need to stay out of direct sunlight for a few days following treatment, and apply sunscreen for 2 weeks after your treatment.



BOARD CERTIFIED SURGEONS & SPECIALTY TRAINED PHYSICIANS

At Empire Eye Physicians, your vision is our highest priority. We are a team of experienced physicians and health care professionals who are dedicated to providing you with world-class vision care. Your unique needs will always determine the best course of action, and we believe communication is key, where we listen to your concerns, explain your conditions and discuss any treatments and therapies available.

Mark Kontos, M.D.

Christopher Sturbaum, M.D.

Casey Claypool, O.D.

Ali Heaton, O.D.



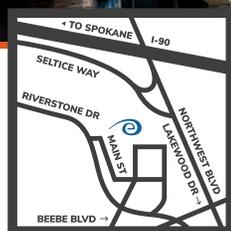
OUR LOCATIONS



Coeur d'Alene Office

2175 N. Main St. (Riverstone)
Coeur d'Alene, ID 83814

(208) 664-9888



Spokane Valley Office

1414 N. Houk Rd., Suite 103
Spokane Valley, WA 99216

(509) 928-8040



If you have tried various forms of treatment and medications for your dry, irritated eyes with little success or relief, then the advanced dry eye clinic at Empire Eye Physicians may have a better solution for you.

For more information, please visit our website at EmpireEye.com or call for a dry eye examination at (509) 928-8040.