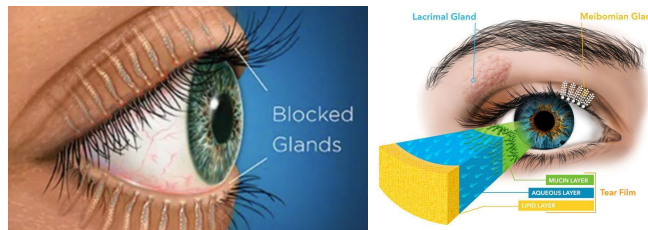


Ocular Surface Disease (Dry Eye Syndrome)

Dry Eye symptoms happen when the eyes do not produce enough tears or their tears evaporate too quickly. Tears are important because they keep the eyes comfortable, clear, and healthy. **Not all dry eyes are the same, so treating the right type is the key to getting relief.** Treatments may include artificial tears, eyelid hygiene, warm compresses, in-office treatments, and prescription medications.



Main Types of Dry Eye:

1. Evaporative Dry Eye (Most Common)
 - Is when the oil layer of the tears is not sufficient or working properly, so the tears evaporate too quickly
 - Common causes: aging, blocked oil glands in the eyelids, inflammation, and too much screen time
 - Symptoms: fluctuating vision, burning or stinging, redness, and eyes feel tired (especially on screens)
2. Aqueous Deficient Dry Eye
 - Is when there is a reduced function of tear glands, so the eyes do not produce enough tears
 - Sometimes linked to medical conditions such as sjodgrens
 - Symptoms: dry, scratchy feeling, redness, and sensitivity to light
3. Mixed Dry Eye (Very Common)
 - Is the combination of Evaporative Dry Eye and Aqueous Deficient Dry Eye
 - Treatments often target multiple causes
4. Inflammatory Dry Eye
 - Inflammation on the surface of the eye can make the dry eye worse and harder to treat if it is not addressed
 - Symptoms: sensitivity, redness, and burning
5. Nerve-Related (Neuropathic) Dry Eye
 - Is when the nerves in the eyes are not sending normal signals
 - May feel discomfort even if the eyes do not look dry during the exam

As stated above, dry eye is a complex and chronic condition that requires a thorough assessment by our doctors to create a treatment plan that would treat symptoms of dry eyes.

Treatments Include:

- Warm Compresses
- Lid Scrubs/Hygiene/lubricating drops
- Meibomian Gland Expression - in office treatment
- Advanced Procedures: Jett Plasma treatment, Intense Pulsed Light (IPL), LipiFlow (thermal pulsation), or radiofrequency (RF) to unblock glands
- Medicated Drops/Ointments

What Makes Dry Eyes Worse?



Aging



Hormonal
Changes



Demodex Mites
and bacteria



Lifestyle
Habits



Environmental
Factors



Medications

Jett Plasma Dry Eye Treatment

Jett Plasma is a pain-free treatment that uses cold atmospheric plasma technology to improve dry eye symptoms and overall eyelid health. The treatment gently 'deep-cleans' the eyelids and ocular surface, without damaging surrounding tissue, and reduces inflammation at the cellular level.



What it Does:

- **Anti-Inflammatory Power:** reduces eyelid inflammation, allowing the oil glands to function more effectively.
- **Sterilization:** the plasma kills bacteria and Demodex mites on the lid margin that often contribute to irritation.
- **Cellular Repair:** stimulates the skin's natural healing response to improve the overall health of the ocular surface.

By helping the eyes naturally produce better-quality oils, Jett Plasma provides long-term relief from dryness and irritation.

Jett Plasma is highly effective for chronic dry eye syndrome because it targets the underlying inflammation and bacterial load along the eyelid margins.

Jett Plasma helps patients who are experiencing:

- Burning or stinging eyes
- Redness and irritation
- Gritty or sandy sensation
- Watery eyes
- Fluctuating vision

Jett Plasma may also be used for:

- Acne and acne-causing bacteria
- Fine lines and wrinkles
- Skin tightening and rejuvenation
- Hyperpigmentation and uneven skin tone
- Collagen stimulation and overall skin health

Some patients notice immediate improvement in eyelid irritation after treatment, while the best results typically develop gradually over a series of sessions as cellular regeneration peaks and meibomian gland function improves.

At our clinics, **we conduct comprehensive dry eye evaluations** using the latest technology to determine the cause and treatment plan to relieve our patients from dry eye symptoms.

Call our Brampton or Orangeville clinic to schedule your comprehensive dry eye evaluation and get relief from red, itchy, watery, and burning eyes.

Contact Us:

Brampton:

Call: 289-505-1205

Email: info@inspirevisioncare.ca

Address: 10 Tasker Rd

Visit Us: www.inspirevisioncare.com

Orangeville:

Call: 519-940-8426

Email: reception@ovdc.ca

Address: 310 Broadway Ave

Visit Us: www.inspirevisioncare.com