



403-974-3937 (EYES)

**Dr. Bishop & Associates**

Optometrists

Willow Park

Legacy

Northgate Village

Beacon Hill



INMODE



ELLE  
FUTURE OF  
BEAUTY  
WINNER

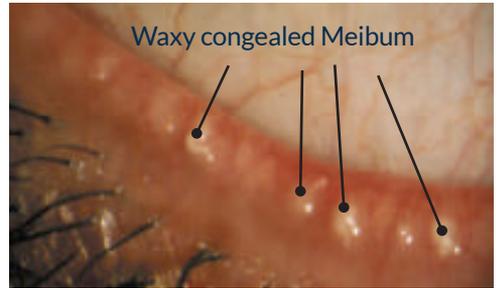
# OCULAR CARE

*The complete in-office solution to revitalize your view of the world.*



**SAFE, NON-INVASIVE, AND EFFECTIVE.**

# WHAT IS DRY EYES?



Dry Eyes is a condition that occurs when the eyes do not have enough quality tears to supply nourishment and lubrication.

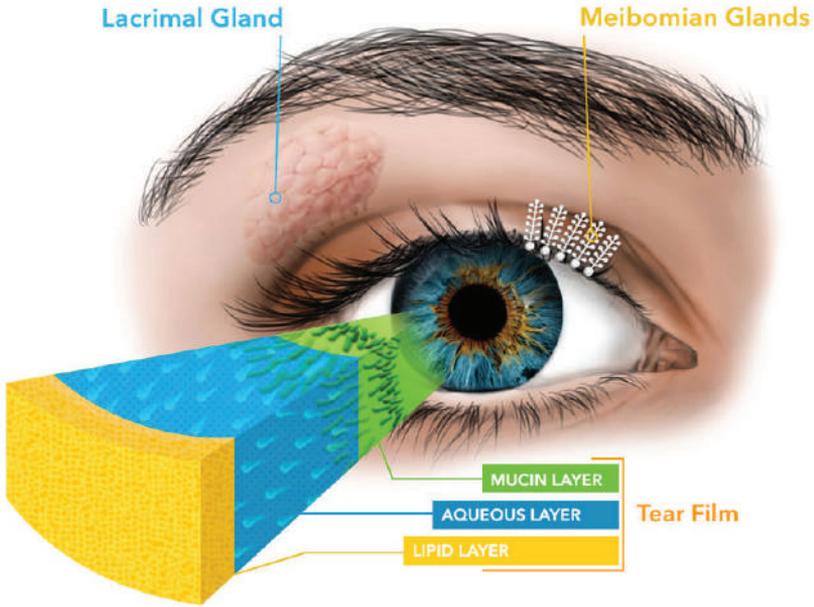
Dry Eyes is a common and often chronic problem.

**ARE YOU EXPERIENCING**



**403.974.3937(EYES)**

# TEAR FILM LAYER



## SYMPTOMS OF DRY EYE DISEASE?

## SIGNS OF DRY EYES

- Itchy Eyes
- Stinging Eyes
- Gritty Eyes
- Watery Eyes
- Blurry Vision
- Red Eyes

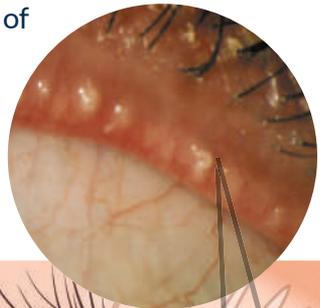
# TYPES OF DRY EYES

## Tear Deficiency

Tears are important to the overall health of the eyes and vision. Each time you blink, a protective coating of tears is spread like a film over the front of the eye. If you do not blink often enough or have incomplete blinks, dry spots can develop on the surface of the eye and can cause vision to blur and decrease.

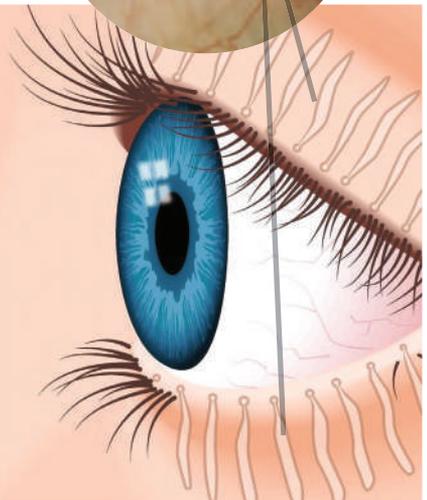
## Meibomian Gland Disease (MGD)

MGD causes a decrease in the lipid (oil) layer of the tear film. When the tear film is unstable evaporation occurs between blinks, which then results in inflammation and discomfort.

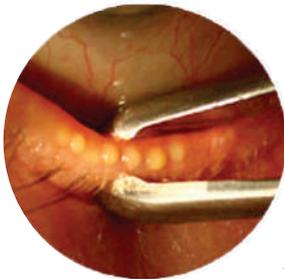


**MGD accounts for approximately 84 - 88 % of Dry Eyes.**

**MGD causes dry eye symptoms and eyelid inflammation.**



# TREATMENTS



Sometimes the glands along the lid margin called meibomian glands form a solid plug. Manual removal of these caps under anesthesia may be needed to allow the meibum to flow out of the gland and into the tear layer.

The meibomian glands produce clear lipid/oil (meibum) which forms the front layer of the tear film. When these glands become infected or inflamed, the meibum becomes thickened and is unable to come out of the glands easily. This unhealthy meibum needs to be expressed (pushed out) so that healthy meibum can be created. This expression is important in helping to achieve a healthy outer lipid/oil layer of the tear film.

ZEISS ATLAS® system is a corneal topographer that offers quick, accurate dry eye assessments. It offers multi-modality ocular surface analysis, specifically designed for evaluating the anterior eye segment.



Since dry eye can be a result of bacterial infection causing inflammation, prescription drops or pills (depending on the severity) may be prescribed for temporary use.



# TREATMENT

Forma-I is a non-surgical treatment designed to offer a comprehensive solution, targeting the root causes of dry eyes. Precise heat is applied around the eye along with a gentle massage. Melting oils and gentle pressure from the applicator aids in expressing oils for relief.



Lumecca-I ensures precise, targeted, spot-size Intense Pulsed Light (IPL). The procedure treats inflammatory conditions like ocular rosacea and stimulates collagen synthesis which helps to improve gland structure.

Dry Eye Nutraceuticals reduce inflammation that causes dry eyes, it helps provide relief and improve symptoms of dry eye syndrome including the reduction of inhibitors of proper tear production. Dry Eye Nutraceuticals help to produce better quality of tears. When used daily these can sometimes be then only treatment you need to keep your chronic dry eye under control.



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# OPTIONS



BlephEx eliminates the scurf and bacterial debris that builds up along the lid margin. Properly performed by one of our doctors, Blephex will reduce or alleviate these chronic and debilitating symptoms. Treatment may need to be repeated, depending on the severity of the disease.

Warm compresses help warm the glands in the eye lids to loosen up blockages in the glands. If cells in the glands harden and plug the opening, it can keep the oil layer (meibum) from getting into the tear film. A warm compress helps liquify blockages so meibum can flow into tears.



Lid wipes help clean bacteria and debris left behind from inflammation. These premium pre-moistened eyelid cleansing wipes are hypoallergenic, non-irritating and soothing. They cleanse the eyelid area of potentially harmful dirt, bacteria or residue when used properly.

Eye drops provide temporary relief for dry eyes. Most lubricating eye drops work by adding various tear elements that are in the eyes already, to supplement the natural tears and make the eyes moist and comfortable. Artificial tears can provide temporary alleviation of mild dry eye symptoms.



# FORMA-I Ocular Care



## WHAT IS FORMA-I?

Forma-I is an innovative non-surgical procedure that delivers bi-polar radio frequency technology to smaller, more delicate subdermal layers targeting periorbital wrinkles **while simultaneously treating dry eyes.**

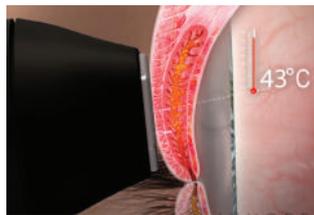
Forma-I comes equipped with built-in temperature control allowing the device to reach clinically proven optimal temperatures for precise and safe treatments.



## HOW DOES FORMA-I WORK?

Forma-I feels like a warm massage in the eye area, improving blood circulation. The treatment uses radio frequency technology to heat the meibomian glands, which helps liquefy the glands' oil and improve their function. This, in turn, helps improve the tears' quality and reduce dry eye symptoms.

## SAFE, NON-INVASIVE, EFFECTIVE.



“ I have experienced tremendous relief and noticed a significant reduction in my symptoms. This has given me a new lease on life. ”

- ALEXANDRIA | PATIENT



Please speak to our Optometrist to see if you are a candidate.

## Revolutionary Dry Eye Treatment for Lasting Relief



# FORMA-I

DRY EYE DISEASE DUE TO  
MEIBOMIAN GLAND DYSFUNCTION

### SYMPTOMS:

- Eyes that are red, watering, itchy, burning and stinging
- Tears that feel sticky
- Painful red bump along the edge of the eyelid at the base of the eyelashes
- Sandy or gritty foreign object sensation
- "Tired" eyes • Blurry vision • Light sensitivity
- Trouble focusing at the end of the day



HEALTH CANADA  
INDICATED

# FORMA-I PRECISION TISSUE TREATMENTS



## WHAT CAN I EXPECT?

All treatments are performed right in our office. As a result, there is no general anesthesia, no incisions, or downtime that is associated with excisional interventions. Most patients find the treatments very comfortable. Our Optometrist will discuss in detail with you the specifics of your customized treatment plan and how it will address your individual condition.



## HOW SAFE ARE THESE TREATMENTS?

These treatments are recommended for patients who are seeking non-invasive procedures to address their symptoms. The small size applicators allow for treatment in the small and delicate eye area. These are very safe and effective procedures that can be used on all skin types and skin tones.

## HOW MANY SESSIONS DO YOU NEED?

Our Optometrist will let you know the ideal number of sessions to be performed based on your personal condition. Treatment times and frequency will be specifically tailored to obtain the optimal results.



## WHAT KIND OF POST-PROCEDURE CARE IS REQUIRED?

Most patients do not experience any side effects and any skin reaction typically resolves within a few hours. There is no recovery period or downtime associated with these procedures.

# LUMECCA-I Ocular Care



## LUMECCA-I DRY EYE TREATMENT

Lumecca-I is the most powerful intense pulsed light (IPL) designed to treat pigmented and vascular lesions. Lumecca uses photothermolysis, which provides a photofacial through the delivery of a comfortable light treatment. IPL has been Health Canada approved for more than 15 years to remove superficial skin lesions. Increasingly, it has been shown to

have a **positive effect on tear film characteristics and patients with dry eyes.**



## HOW DOES LUMECCA-I WORK?

Lumecca-I IPL creates tissue heating which helps to reduce inflammation. During treatment there will be a bright flash of light and a sensation on your skin that feels like a light snap

from an elastic band. Redness and a slight warming of the skin are normal after treatment and usually subside within an hour.

## DRY EYE TREATMENT WITH UPPER LIDS

- Treatment Areas: Tragus to Tragus, Upper Eyelid, Central Forehead, Medial Cheeks & Nose
- Meibomian Gland Expression





INMODE

**BOOK YOUR TREATMENT**



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