

# Tear Care Treatment (TCT)

Assessment of your ocular surface has revealed Evaporative Dry Eye Disease and/or Blepharitis. There are numerous symptoms associated with Dry Eye Disease (DED); not everyone experiences symptoms that coordinate with the signs we see when we image your eyelid glands. 86% of DED cases contain dysfunction in these glands that produce the oil layer of your tears. Since these meibum producing glands are called meibomian glands, this dysfunction is referred to as Meibomian Gland Dysfunction (MGD). A common precursor to MGD is Blepharitis — unhygienic eyelids resulting in an overgrowth of micro-organisms along the lash line. Among other mechanisms, the biofilm produced by blepharitis can damage the eyelid glands. Poorly functioning glands contribute to poor quality tears and when left without treatment, at-risk glands atrophy; treatment can improve the quality of the glands and preserve the quantity of healthy tears produced. After all, light enters your eye through the tear-film first on its way to provide sight; that's why DED is a common cause of intermittent blur. The quality and volume of your tears are vital to the health of the front surface of your eyes, and maintaining a healthy ocular surface ensures you'll be able to **SEE YOUR BEST**.

Eyelid hygiene used at home to maintain gland quality and quantity of production include the following: an eye-safe **disinfectant** called hypochlorous solution to reduce the likelihood of infection, a **warm** compress to loosen the poor-quality meibum currently clogging your glands; a **cleanser** specially formulated for the eye with tea tree oil at a proper concentration for your eyes' lids and lashes, increased intake of EPA omega 3 fatty-acids, **replenishing** the building blocks of the lipid tear layer; and PFAT's (Preservative Free Artificial Tears) designed to support your tears' oil layer. **In office treatments** to return your glands to baseline include **in-office** blepharitis cleanings to uncap the openings of the glands, remove biofilm, and prevent inflammation from other invading microorganisms and an **in-office** heat and expression to melt the semi-solid meibum and flush out any blockages to make room for quality tear production done in conjunction with a blepharitis cleaning. Specialized imaging has documented the severity of your MGD prior to treatment: **mild** may be 100% reversible, **moderate** means there is some gland "drop-out" and **severe** means you've lost more than ½ of your meibomian glands in any one eyelid. Please note that these are treatments, not a cure; if you cannot maintain the benefits at home, in-office treatments may need to be repeated. The home eyelid hygiene regimen prescribed by your doctor depends on how well the in-office treatment goes and your current severity. It may take up to 2 weeks for your glands to recover from the in-office expression at which time you'll start to feel relief.

What is included?	What's NOT included?
Treatment in office with appropriate medical device(s).	Follow up visits billable to medical insurance.
For TCT the manual expression of the meibomian glands as performed by the treating doctor.	Future in-office procedures; depending on severity TCT may be needed up to 4 times a year.
Eyelid cleaning using NuLids Pro.	Supplements, drops, or cleansers; refills to the HTB

TCT and Blepharitis Cleaning ONLY are charged as a global fee eligible for use of your \$40 Instant Savings (part of your Benefits 4 Established Patients, **B4EP's**) when booked and paid in full at the time prescribed, or the price of the procedure is broken down into 4 easy payments where 1/4th is collected the day the procedure is booked and 1/4th is scheduled to draw from the assigned account every 2 weeks until the total is collected. Follow up appointments will be made as needed but we always book a visit 3 to 4 weeks following TCT expression to see its impact on your ocular surface.

The steps in a Tear Care Treatment procedure are rather straightforward. **A medical device is used to deliver the appropriate level of concentrated heat to your eyelids to unblock the glands for up to 15 minutes.** We will use numbing drops in your eyes and a cleansing gel on the exterior of your eyelids to make you more comfortable, and then gently express your glands to remove the buildup that has threatened your eye health. As with all procedures there are risks that can happen during the procedure and it is not possible to list all potential risks but here are some common ones: redness or swelling of the eyelids, temporary discomfort around the eyes, or a mild skin irritation from the treatment device, gel, or drops. You will be given clear instruction on what to do if you feel discomfort. The side effects of treatment are all far less severe than the damage dry eye causes to the ocular surface. Continued use of your home eyelid hygiene products as well as any prescribed drops including PFAT's (Preservative Free Artificial Tears) is required to achieve long-lasting success from this in-office procedure.

Service	Global Fee	<b>4 Easy Payments</b> (4EP transacted biweekly)
TCT	\$576	<b>\$154</b>
Blepharitis Cleaning ONLY	\$152	<b>\$48</b>

If you have any questions, please ask the doctor today so they may be answered to your satisfaction. If your questions haven't been answered fully or you don't understand any part of this agreement, do not sign this form. Your signature below signifies that you have been informed about the procedure and that you agree to pay the amount in one lump sum or using our 4 Easy Payment Plan. This signed consent must be received before scheduling your treatment.

Mark the desired procedure:  Complete Tear Care Treatment       Blepharitis Cleaning ONLY

Guarantor's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient's Full Name: \_\_\_\_\_