

Tear Gland Treatment (TGT) / Lids & Lashes Therapy (LLT)

Assessment of your ocular surface has revealed **Evaporative Dry Eye** and/or **Blepharitis**. There are numerous symptoms associated with **Dry Eye Disease (DED)**; not everyone experiences symptoms that coordinate with the signs we see in your eyelids' glands. 86% of DED cases contain dysfunction in the glands that produce the oil layer of your tears. Since these meibum (tear oil) producing glands are called meibomian glands, this dysfunction is referred to as **Meibomian Gland Dysfunction (MGD)**. A common precursor to MGD is another eyelid disorder, Blepharitis — inflamed eyelids containing an overgrowth of micro-organisms along the lash line. Among other mechanisms, the biofilm produced by blepharitis can damage the eyelids' oil 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 and MGD are common causes of intermittent blur. The quality and volume of your tears are vital to the health of the “windshield” tissue through which we see the world, and maintaining a healthy ocular surface ensures you'll be able to **SEE YOUR BEST**.

Eyelid hygiene for at home use

to maintain healthy tears includes the following: an eye-safe **disinfectant** called hypochlorous solution to reduce the presence of any invading organisms, a **warm** compress to loosen the poor-quality meibum currently clogging your glands, a **cleanser** specially formulated for eyelids and eyelashes with tea tree oil that controls the demodex mite population, increased intake of EPA omega 3 fatty-acids that **replenishing** the building blocks of the lipid tear layer; and prescription drops or PFAT's (Preservative Free Artificial Tears) designed to support your tears' oil layer. **In office treatments/therapies** to return your glands to baseline include Tear Gland Treatment (TGT) with heat and expression of the glands performed by the doctor followed by Lids & Lashes Therapy (LLT) done with the technician while you enjoy a complimentary 3D Motion Infiniti Chair Massage. LLT can also be performed alone. Specialized images of your glands documents the severity of MGD prior to treatment and along your recovery journey: **mild** is 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 initial severity and compliance with home eyelid hygiene regimen prescribed by your doctor will dictate how well your eyes respond to the in-office treatment. It may take up to 2 weeks for your glands to recover from in-office expression at which time you'll start to feel relief.

TGT with LLT is a 40 minute procedure that is charged as a global fee and eligible for use of your **\$40 Instant Savings** (of your **Benefits 4 Established Patients, B4EP's**) when booked and paid in

What is included?	What's NOT included?
Treatment in office with appropriate medical device(s).	Follow up visits billable to medical insurance.
For TGT the manual expression of the meibomian glands as performed by the treating doctor.	Future in-office procedures; depending on severity TGT may be needed as often as every 4 months.
Eyelid cleaning using NuLids Pro to remove biofilm and debris that causes pink eye, blepharitis, styes, & MGD	Supplements, drops, cleansers in the HTB - think of these items as HSA or FSA items as in oral hygiene

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 gland expression to see its impact on your ocular surface.

The steps in a Tear Gland Treatment procedure are rather straightforward. **A medical device is used to deliver the appropriate level of heat for a full 10 minutes to loosen the contents of your eyelid glands.** Numbing drops will then be used on your eyes for your comfort, then the doctor will gently express your glands, remove the buildup that has threatened your eye health, and strip away any biofilm across the gland openings with a variety of handheld instruments. As with all procedures there are risks and it is not possible to list all of them here but common risks include: redness or swelling of the eyelids, temporary discomfort around the eyes, or mild skin irritation. 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. Immediately following TGT the Lids & Lashes Therapy (LLT) consists of an in-office cleaning that is performed in our 3D Motion Infiniti Massage Chair along with a special cool down process. Continued use of your home eyelid hygiene products as well as any prescribed drops including medicines and/or PFAT's (Preservative Free Artificial Tears) is required to achieve long-lasting success following this in-office procedure. Please **DO NOT WEAR EYE MAKE-UP** to either procedure.

If you have any questions, please ask the doctor and/or technicians so all concerns may be

Service	Global Fee	4 Easy Payments (4EP transacted biweekly)
TGT	\$392	\$98
LLT only	\$148	Monthly subscription of LLT is also available as a once a month therapy for \$98/month with a minimum 4 visits...

addressed 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: **TGT** _____ OR _____ **LLT** only

Guarantor's Signature: _____ Date: ____/____/____

Print the Patient's Full Name: _____