

## Welcome to Mountain View Eye Center

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

### LIPIFLOW

An estimated 86% of the 100 million dry-eye sufferers world-wide have evaporative dry-eye, which stems from a deficiency in the oily lipid layer of the tear film. This lipid deficiency is most commonly due to blockages in the Meibomian glands, a condition called Meibomian Gland Dysfunction (MGD). Over several years this chronic, progressive condition can cause blocked Meibomian glands to atrophy and “drop out,” thereby increasing symptoms and the likelihood of other ocular complications.

### LIPIFLOW TREATS THE CAUSE OF EVAPORATIVE DRY-EYE

LipiFlow works by applying localized heat and pressure to the affected glands of patients suffering from chronic cystic conditions of the eyelids, including Meibomian Gland Dysfunction. Unlike traditional dry-eye treatments (warm compresses, artificial tears, ointments), LipiFlow treats the root cause by unblocking obstructed meibomian glands. Studies show that benefits for LipiFlow can last up to three years; with patients who continue to use traditional treatment methods after LipiFlow, it may last even longer.

### HOW LIPIFLOW WORKS

- LipiFlow is a 12 minute, in-office procedure with no anesthesia and no down time.
- LipiFlow uses disposable applicators that apply controlled heat and pressure to the outer eyelids to gently unblock Meibomian glands.
- LipiFlow facilitates the release of lipids from the blocked Meibomian glands, allowing the natural flow of lipids to resume.



### WHAT TO EXPECT FROM LIPIFLOW

In a randomized, multi-center, controlled clinical trial, 86% of patients treated with LipiFlow reported an improvement in overall dry eye symptoms. With slight modifications in treatment protocol since that study, reports are now closer to 95%. In a multi-center study, one treatment of LipiFlow was shown to significantly improve contact lens wear time and on average roughly doubled the amount of time patients could successfully wear contact lenses. Another large multicenter study showed one treatment of LipiFlow was more effective than one year of daily warm compresses at both improving gland function and dry eye symptoms. While treatment always works to remove blockages in the Meibomian glands, improvement in symptoms varies from person to person.

## TREATMENT OPTIONS

LipiFlow may be done on one eye or both eyes simultaneously and can be repeated as needed. LipiFlow may not be recommended for patients with a history of ocular surgery, ocular injury, severe ocular inflammation or ocular herpes of the eye or eyelids within 3 months; active ocular infection, or an ocular surface abnormality that may compromise corneal integrity.

LipiFlow is not typically covered by insurance and is usually an out-of-pocket expense.

## MOUNTAIN VIEW SURGEONS & SPECIALTY TRAINED PHYSICIANS

At Mountain View Eye Center, 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.

## REFERENCES

Blackie et al, "A single vectored thermal pulsation treatment (LipiFlow) for meibomian gland dysfunction increases mean comfortable contact lens wearing time approximately 4 hours per day". Clin Ophthalmol. 2018; 12: 169–183

Blackie et al, "The sustained effect (12 months) of a single-dose vectored thermal pulsation procedure for meibomian gland dysfunction and evaporative dry eye". Clin Ophthalmol. 2016; 10: 1385–1396



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 Mountain View Eye Center may have a better solution for you.

For more information, please visit our website at [mountainvieweyes.com](http://mountainvieweyes.com) or call for a dry eye examination at 907.328.2920



Computer/  
device use



Contact  
lens wear



Allergies



Eye infections  
(such as styes)<sup>2</sup>



Reading/  
watching TV



Eye surgery



Glaucoma and  
chronic eye diseases



Climate



Environment



Poor blinking



Medications



Makeup that can  
clog glands<sup>3</sup>