

TearCare System

Advanced Treatment for Meibomian Gland Dysfunction

The Last Optical | Montgomery, NY

What is TearCare?

TearCare is an innovative, FDA-cleared treatment system specifically designed to address **Meibomian Gland Dysfunction (MGD)**, the leading cause of evaporative dry eye disease. This advanced therapy combines targeted heat therapy with gentle expression to restore healthy gland function and improve tear quality.

How It Works

The TearCare System uses a unique approach to treat MGD:

- **Wearable heat delivery** - Flexible devices apply controlled, consistent heat directly to the eyelids
 - **Open-eye design** - Allows you to blink naturally during treatment, maintaining comfort
 - **Optimal temperature** - Precisely calibrated to melt hardened meibum (oil) blocking the glands
 - **Gentle expression** - After heating, blocked glands are gently cleared to restore function
 - **Improved tear film** - Restored gland function leads to healthier, more stable tears
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Treatment Benefits

- ✓ **FDA-Cleared** - Clinically proven and approved for MGD treatment
 - ✓ **Comfortable** - Open-eye design allows natural blinking during therapy
 - ✓ **Effective** - Targets the root cause of evaporative dry eye
 - ✓ **Quick Results** - Many patients notice improvement within days
 - ✓ **Long-Lasting** - Sustained relief for months after treatment
 - ✓ **Safe & Non-Invasive** - No surgery, no needles, minimal discomfort
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Ideal Candidates

TearCare is particularly effective for patients with:

- Meibomian gland dysfunction (MGD)
 - Evaporative dry eye
 - Blocked or clogged meibomian glands
 - Poor tear film quality
 - Chronic eyelid inflammation
 - Ocular rosacea
 - Symptoms worsening despite artificial tears
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Treatment Protocol

Recommended Course

1-2 treatment sessions for most patients

Session Details

- **Duration:** 15 minutes of heating + 5 minutes of expression = 20 minutes total
- **Anesthesia:** None required (numbing drops may be used for expression)
- **Recovery:** Immediate return to normal activities
- **Results:** Improvement often noticeable within days to weeks

Maintenance

Some patients benefit from repeat treatments every 6-9 months to maintain optimal gland function.

What to Expect

Before Treatment

- Remove all eye makeup and contact lenses
- Inform us of any eye conditions or medications
- Comprehensive evaluation to confirm MGD diagnosis

During Treatment

Phase 1: Heating (15 minutes)

1. Flexible TearCare devices applied to upper and lower eyelids
2. Consistent, comfortable warmth delivered to the glands
3. You can blink naturally and even use your phone during heating
4. Temperature carefully monitored for safety and effectiveness

Phase 2: Expression (5 minutes)

1. Devices removed after optimal heating
2. Gentle manual expression of the meibomian glands
3. Numbing drops applied for comfort if needed

4. Blocked oils and debris cleared from gland openings

After Treatment

- Mild redness or sensitivity (typically resolves within hours)
 - Continue recommended lid hygiene routine
 - Use prescribed eye drops as directed
 - Gradual improvement in symptoms over 2-4 weeks
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Clinical Results

Studies demonstrate significant improvements in:

- **Meibomian gland secretion quality** - Clearer, healthier oils
- **Tear break-up time** - More stable tear film
- **Symptom scores** - Reduced burning, grittiness, and discomfort
- **Gland expressibility** - Easier oil flow from glands
- **Patient satisfaction** - High rates of symptom relief

Average Improvements

- 80-90% of patients report symptom improvement
 - Sustained relief for 6-9 months on average
 - Improved quality of life and daily comfort
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Pricing & Investment

TearCare Treatment

\$450 per session

2-session series: \$850

(Payment plans available)

What's Included

- Comprehensive MGD evaluation with imaging
 - Customized treatment plan
 - Complete TearCare procedure (heating + expression)
 - Post-treatment follow-up care
 - Lid hygiene education and products
 - Ongoing support
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Frequently Asked Questions

Is TearCare painful?

No. The heating phase is comfortable and relaxing. The expression phase may cause brief pressure but is generally well-tolerated, especially with numbing drops.

How is TearCare different from warm compresses?

TearCare delivers consistent, optimal temperature directly to the glands for 15 minutes—something home compresses cannot achieve. The controlled heat is more effective at melting blocked oils.

How soon will I see results?

Many patients notice improvement within a few days, with continued improvement over 2-4 weeks as the glands resume normal function.

How long do results last?

Most patients experience sustained relief for 6-9 months. Maintenance treatments can extend benefits.

Can I combine TearCare with other treatments?

Yes! TearCare works well alongside prescription drops, omega-3 supplements, and lid hygiene routines. We'll create a comprehensive treatment plan tailored to your

needs.

Will my insurance cover TearCare?

Coverage varies by plan. TearCare is often considered an elective procedure. We can provide documentation for insurance submission and offer flexible payment options.

TearCare vs. Other MGD Treatments

Why Choose TearCare?

Feature	TearCare	Traditional Warm Compresses	LipiFlow
Consistent Heat	✓ Precise temperature control	x Variable, cools quickly	✓ Controlled
Open-Eye Design	✓ Natural blinking	✓ Yes	x Closed-eye
Treatment Duration	15 minutes	10-15 minutes (multiple times daily)	12 minutes
Professional Expression	✓ Included	x Not included	✓ Automated
Comfort	✓ High	✓ Moderate	✓ Moderate
Effectiveness	✓ Clinically proven	x Limited efficacy	✓ Effective

Why Choose The Last Optical?

- ✓ **Specialized Expertise** - Trained in advanced MGD diagnosis and treatment
- ✓ **Advanced Technology** - Latest TearCare system with optimal results
- ✓ **Comprehensive Approach** - Full diagnostic evaluation including meibography
- ✓ **Personalized Care** - Treatment plans tailored to your specific condition

✓ **Proven Track Record** - Hundreds of patients successfully treated

✓ **Ongoing Support** - Long-term care and maintenance guidance

Ready to Restore Your Tear Function?

Schedule Your Consultation Today

Phone: (845) 606-4220

Address: 77 Clinton St, Montgomery, NY 12549

Website: whydryeye.manus.space

What to Expect at Your Consultation

1. **Comprehensive MGD Evaluation** - Advanced diagnostic testing including meibography to visualize gland health
 2. **Personalized Treatment Plan** - Customized recommendations based on your gland function and symptoms
 3. **Treatment Discussion** - Detailed explanation of TearCare and what to expect
 4. **Questions Answered** - All your concerns addressed by our experienced team
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Understanding Meibomian Gland Dysfunction

What is MGD?

Meibomian glands are tiny oil glands in your eyelids that produce the lipid (oil) layer of your tears. When these glands become blocked or don't function properly, your tears evaporate too quickly, leading to dry eye symptoms.

Common Symptoms of MGD

- Burning or stinging eyes

- Gritty, sandy sensation
- Fluctuating vision
- Eye redness
- Sensitivity to light
- Difficulty wearing contact lenses
- Symptoms worse in the morning or evening

Risk Factors

- Age (gland function decreases over time)
 - Hormonal changes (menopause)
 - Contact lens wear
 - Screen time and digital device use
 - Certain medications
 - Skin conditions (rosacea, seborrheic dermatitis)
 - Incomplete blinking
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Post-Treatment Care

Maintaining Your Results

To maximize and extend your TearCare results:

Daily Lid Hygiene

- Gentle eyelid cleansing with recommended products
- Warm compress application as directed
- Lid massage to encourage oil flow

Lifestyle Modifications

- Take regular breaks from screens (20-20-20 rule)
- Stay hydrated

- Use a humidifier in dry environments
- Protect eyes from wind and air conditioning

Nutritional Support

- Omega-3 fatty acid supplements
- Anti-inflammatory diet
- Adequate water intake

Follow-Up Care

- Regular check-ups to monitor gland function
 - Maintenance treatments as recommended
 - Adjustments to treatment plan as needed
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Contact Information

The Last Optical

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Office Hours: Monday - Friday: 9:00 AM - 6:00 PM Saturday: 9:00 AM - 2:00 PM Sunday: Closed

Medical Disclaimer: Individual results may vary. The information provided in this brochure is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Consult with our eye care professionals to determine if TearCare is right for you.

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