

Dry Eye Treatment with Lumecca IPL & RF

A patient guide to how these treatments work and the benefits they offer

Chronic dry eye is most often caused by Meibomian Gland Dysfunction (MGD) — blocked or inflamed oil glands along the eyelids that let tears evaporate too quickly. Lumecca IPL and RF are in-office, non-invasive treatments that target this root cause directly.

Lumecca IPL (Intense Pulsed Light)

FDA-cleared light-based technology, used safely for 15+ years, applied around the eyelids and upper cheeks to calm inflammation and restart natural gland function.

- **Calms inflammation** by targeting the abnormal blood vessels that fuel chronic MGD
- **Unblocks the Meibomian glands** to restore healthy, natural oil production
- **Stabilizes the tear film** for longer-lasting comfort and fewer artificial tears
- **Quick and non-invasive** — no downtime, plus a bonus of improved skin tone

Lumecca RF (Radiofrequency)

Gentle, controlled radiofrequency heat delivered to the deeper eyelid tissue and glands — often paired with IPL for more complete treatment.

- **Warms deeper tissue** around the glands more evenly than heat alone
- **Softens thickened oils** for more consistent gland expression
- **Supports collagen production** for healthier eyelid tissue and blink function
- **Precisely controlled heating** — no anesthesia needed

Why combine them? IPL calms surface inflammation; RF treats deeper gland and tissue structure — together, more complete relief than either alone.

What to Expect

- A quick in-office visit with protective eyewear and a cooling gel for comfort
- Mild warmth or tingling during treatment — well tolerated by most patients
- Typically 3–4 sessions spaced 2–4 weeks apart, with periodic maintenance after
- Mild, temporary redness may follow and usually resolves within an hour

Investment

- **\$250** per session for IPL or RF on its own
- **\$400** per session when IPL and RF are combined

Most patients need 2–3 sessions for full benefit.

Watch & Learn

Short animations showing how each treatment works:

 Lumecca IPL Animation — youtu.be/d-owXixAwqw

 Forma-I RF Animation — youtu.be/F6C4RUxolLw

These treatments are part of an ongoing management plan, not a cure. See the accompanying Contraindications & Precautions sheet, and speak with your provider with any questions.