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## Frequently Asked Questions

Will these treatments be covered by my insurance?

- Unfortunately, there is no code that insurance companies recognize at this time to be able to bill any dry eye treatment to insurance. Therefore, it is out of pocket.
- Medicare does have a code for the LLLT treatment for AMD. We can submit that but cannot guarantee coverage. If Medicare does not cover, we will discount the sessions to only \$100 cash pay pricing.

What is the difference between IPL and LLLT?

- LLLT targets inflammation and promotes cellular rejuvenation in the eyes to restore moisture and soothe irritation.
- IPL targets the blood vessels contributing to inflammation to restore the natural oil flow. This enhances the quality of the tear film.
- This is why they work best in combination versus separate treatments.

How long do the procedures take?

- The consultation appointment will be about 90 minutes giving us ample time to discuss, test, and do the first treatment.
- Each follow up visit when only treatment is needed will take between 45-60 minutes (LLLT is 15 minutes, IPL is about 15-30).
- LLLT for AMD is only 8 minutes per session.

What information do we gather that lets us know how many treatments are needed or how long the effects will last?

- The microscope has imaging software that assesses tear film quantity and quality, inflammation, and gland loss. Based on those scores and symptoms we formulate a plan.
- With experience, we've seen that fewer than 4 sessions don't give lasting results for those who are symptomatic enough to be needing a consultation.
- The ultimate goal is to do the initial 4 sessions then 'touch up' sessions every 6 to 12 months as needed.
- The results are variable so some people start to feel relief right away and some need more sessions.

What does scheduling look like?

- IPL needs minimum 3 weeks between sessions to let the skin heal
- LLLT can be done as frequently as every other day safely but since we typically do sessions in tandem with IPL we also wait the minimum 3 weeks for dry eye.
- LLLT protocol for AMD is twice per week for 1 month then just monthly thereafter.

Are there negative effects?

- There are no negative effects to LLLT! It's just extremely bright
- IPL is uncomfortable during the procedure and there is need to be cautious with sun exposure a few weeks before and after the sessions.

What limits candidacy?

- Certain (darker) skin types, some medications, some medical conditions (Lupus, epilepsy, pregnancy)

How does this compare to Lipiflow?

- LipiFlow is designed to treat Meibomian Gland Dysfunction (MGD), the leading cause of evaporative dry eye. By applying controlled, localized heat and gentle, pulsed pressure to the eyelids, it melts and clears blockages in the meibomian glands, improving oil production and reducing eye irritation.
- However, the glands can re-clog and the problem comes back more rapidly. Also, there are other types of dry eye that are NOT evaporative so Lipiflow is not as beneficial for those patients.