

# SEDGEWICK EYE ASSOCIATES, P.C.

## The Ocusoft Procedure

**Dry Eyes**, a very common condition in human adults, can cause eye discomfort and blurred vision. Healthy eyes make a complex tear film that protects and moistens the eyes. This tear film has an **inner** (by the cornea) mucin layer (from the goblet cells in the conjunctiva), a **middle** watery layer (from the lacrimal glands in the orbit) and an **outer** oily (sebum) layer (from the **meibomian glands** in the **eyelids**). All of these tears moisten the front surface of the eye. The oily layer from the meibomian glands prevents the natural tears on the eye from evaporating too quickly. These meibomian glands are frequently plugged up, resulting in a deficient oily layer and Dry Eye symptoms (sandy, burning sensations). We do not know why the meibomian glands get plugged up so often in human adults but they do. Unplugging the eyelids' meibomian glands is crucial in relieving the symptoms of Dry Eyes. **Meibomian gland blockage is the major cause of dry eyes (86% of the time).**

**The Ocusoft System is an FDA approved medical device** that delivers heat to your eyelids to help unblock the meibomian glands. Dr. Sedgewick's staff will attach the Ocusoft glasses to your eyelids. The eyeglasses will deliver heat to your eyelids for **10 minutes**. The sebum inside the meibomian glands require a temperature of 105.8° F to liquify. The Ocusoft strips heats the lids up to 113°F, a hot shower temperature. Afterwards, Dr. Sedgewick will put numbing drops on your eyes and then gently squeeze your eyelids to remove the plugged-up sebum from the meibomian glands. In a number patients, a lot of material is expressed out. Once these oily glands are open, they will wake up and begin to release their contents normally and relieve your dry eye symptoms. The effect usually lasts for 9-12 months. Occasional warm compresses may still be required. My goal is to have you mostly forget that you have Dry Eyes and go on with your life as normal.

**The goal of a Ocusoft Procedure is to make your eye more moist and comfortable.** Most patients feel better for 9 to 12 months or longer, but the longer you have had untreated dry eyes, the more treatments you may need to obtain the relief you desire. You will probably want to repeat the Ocusoft Procedure every 12 to 18 months or so after the initial treatment.

**It is your choice to have a Ocusoft procedure.** Here are some other options to address the underlying issues of dry eye.

- Warm compress, which will probably still need to be done occasionally for most patients, although you should be less dependent on warm compresses after the Ocusoft treatment
- artificial tear eye drops
- punctal plugs that keep your tears from draining away into the nose, but do not open the meibomian glands

**As with all procedures, although rare, there are risks (problems that can happen) with Ocusoft.** While it is not possible for the eye doctor to tell you about all risks, here are some of them:

- Temporary discomfort in or around your eyes
- Skin burns from removing the sticky pads, redness, or mild temporary swelling of the eyelids
- Foreign body sensation
- Allergic reaction to the materials of the Ocusoft device

**Consent.** By signing below, you consent (agree) that:

- You read this informed consent form, or someone read it to you.
- You understand the information in this informed consent form.
- Dr. Sedgewick and his staff have answered all your questions about Ocusoft. You also understand and agree that **your insurance company does not cover the Ocusoft treatment and they will not be billed for these services.**

I consent to have the Ocusoft procedure and **will pay out of pocket for it.** I also give permission for any photos performed to be placed on web sites for educational purposes only. Your identity will not be revealed.

---

Signature

---

Date