



OCL  
VISION®



Your Guide to Blepharitis and  
Dry Eye Treatment  
and a *Brighter Tomorrow*



# WELCOME TO OCL VISION

At OCL Vision, we're committed to providing not only exceptional surgical treatments to correct vision but also comprehensive care for dry eyes and thorough eye examinations. **We understand the importance of maintaining both healthy vision and overall eye comfort.** That's why we offer a range of treatment options specifically designed to address dry eye symptoms and ensure long-term relief. Our expert team provides tailored care to meet your individual needs, helping you achieve optimal eye health and comfort.

Vision is a precious gift that profoundly impacts your quality of life, and you deserve the opportunity to see more clearly without being restricted. Our clinic was born from a collaboration between world-renowned, UK-trained eye surgeons, merging their successful practices to harness a wealth of resources. This fusion has enabled us to deliver **unparalleled surgical expertise alongside the latest technological innovations.** In 2024 we won the Laing Buisson Healthcare Award in the category of best healthcare outcomes in the UK. When choosing a surgeon for eye surgery, the key is

to find someone who puts your needs first, blending exceptional skill and dedication with a commitment to state of the art eye care advancements.

Our team comprises of leading surgeons known for their surgical excellence and compassionate approach to patient care. With comprehensive training in the UK and globally, specialising in cornea, cataract, and vision correction surgery, our surgeons ensure you're in the safest possible hands, with a track record of over 75,000 successful procedures.

We consistently ensure you are fully informed about the treatments best suited to you, clearly explaining the nature of the surgery, its expected outcomes, and the entire treatment process. Throughout your journey, we provide reassurance and tailor our approach to meet your specific needs and achieve your vision goals.


**Choosing OCL Vision means entrusting your eyes to experts who truly care about your vision and well-being,** backed by a strong commitment to your long-term satisfaction with flexible payment options to ensure that our first-class eye care solutions are within reach for you.



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# WHAT IS BLEPHARITIS?

Blepharitis is inflammation of the edges of the eyelids. It is not infectious and can affect people of all ages. Blepharitis is not usually sight-threatening but can be troublesome since it can recur.

## WHAT ARE THE TYPES OF BLEPHARITIS?

There are two types of blepharitis:

- **Anterior Blepharitis**  
This affects the outside front edge of the eyelids (near and in-between your eyelashes). This is usually caused by bacteria.
- **Posterior Blepharitis**  
Also called meibomian gland dysfunction (MGD). This occurs when the function of the glands, which normally provide the oily layer of your tears, is reduced.

## WHO IS AT RISK OF BLEPHARITIS?

Blepharitis is more common in people over the age of 50, but it can develop at any age. It is generally a chronic condition, which means it can return even after it has cleared, so long-term treatment is usually required.



## WHAT ARE THE SIGNS AND SYMPTOMS OF BLEPHARITIS?

- Red and inflamed eyelids
- Crusting around the eyelids
- Itching and discomfort
- Gritty sensation on the surface of the eye
- Burning sensation
- Fluctuations in vision



## WHAT ARE THE TREATMENT OPTIONS FOR BLEPHARITIS?

**Treatment of blepharitis depends on the severity of the disease.**

The following are a few measures your doctor might advise you on. It is not an immediate cure, and it may take 4-6 weeks before treatment starts to be effective. Perseverance is essential.

Try not to rub your eyelids, as this may make inflammation worse.



**Before treatment**



**After treatment**



## WHAT IS LID EXFOLIATION?

**During your consultation, you may be advised that you need a lid exfoliation treatment.**

BlephEx™/NuLids is a proven treatment that effectively removes bacteria and debris that can build up on the eyelashes, causing inflammation associated with blepharitis. It can be used alongside other treatments or as a sole procedure and is more effective than using eyelid scrubs alone.

It is a painless procedure that gently unblocks the oil glands, leaving clean, clear, and comfortable eyes.

Most people notice the benefits immediately. Together with the dry eye treatment plan that our specialist will discuss with you, you should notice a marked improvement in your dry eye symptoms. Treatments are usually needed twice a year but will be adapted to suit your needs.

## WHAT IS EYELID HYGIENE?

**During your consultation, you may be advised that you need to carry out at home eyelid hygiene.**

This can involve the use of simple wipes or more specialist products. Our team of clinical specialists will provide you with a bespoke plan as required.

## ANTIBIOTIC TABLETS

Some forms of blepharitis require a course of antibiotic tablets. If they cause any side effects, stop the tablets and contact us immediately.

## STERIOD EYEDROPS / OINTMENTS

Occasionally, when the symptoms of blepharitis are severe, your specialist may prescribe a course of steroid drops to help control inflammation and symptoms.

## ARTIFICIAL TEARS

All forms of blepharitis are associated with some degree of dryness in the eyes. Your doctor may prescribe artificial tears to help alleviate symptoms.

Use as directed.

**See our video for guidance on how to put in drops >>**



## FLAXSEED OIL/ OMEGA CAPSULES

Flax seed oil, similar to evening primrose oil, contains omega oils to improve tear quality and help with dry eye symptoms.

Take one capsule (1000mg or 1200mg) with breakfast and another with your evening meal.

## NEW INNOVATION IN DRY EYE

There are now a range of at home gadgets available to help with dry eye symptoms, your optometrist will be able to advise you on the most suitable products for your needs.

## BLINK TRAINING

Research shows that our blink rate decreases and blink fullness diminishes during tasks like using a computer or reading. To encourage proper gland function, remind yourself to blink regularly. The 20-20-20 rule is a good prompt: every 20 minutes, look 20 feet away and blink for 20 seconds.



# IPL TREATMENT FOR BLEPHARITIS

IPL, or intense pulsed light, is a light-based therapy applied to the surface of the skin. It has been used for years to treat conditions such as rosacea and scarring and is also used to treat ocular surface disease.

## HOW DOES IPL HELP WITH DRY EYES?

Dry eye disease can be caused by abnormal blood vessels under the skin's surface that deliver inflammatory markers to the eye while affecting meibomian glands. IPL therapy destroys these abnormal blood vessels and helps restore normal gland function, reducing inflammation and improving tear production.

**Watch video to find out more >>**



## CAN IPL TREAT OTHER CONDITIONS?

Other than treating dry eyes, IPL can also help with rosacea, acne scarring, and general facial rejuvenation. These treatments can be performed at the same time as dry eye treatment.

## WHAT IS THE IPL MACHINE USED?

At OCL, we use the latest advanced IPL system. It delivers consistent energy, reducing risks and allowing for more effective treatment.

## WHAT HAPPENS ON THE DAY OF IPL TREATMENT?

Arrive without makeup or creams. A gel is applied to the treated area, eye shields will be placed on your eyes, and a test pass will be performed to determine how the skin reacts. The treatment is quick, relatively painless, and lasts around 5 minutes.

## HOW MANY IPL TREATMENTS ARE NEEDED?

Typically, four to six treatments are needed, spaced 2-3 weeks apart. Maintenance treatments are recommended once or twice a year.

## WHAT IS THE AFTERCARE FOR IPL?

You may experience mild sunburn-like sensations or swelling. Keep the skin moisturized with SPF 30 minimum and avoid direct sunlight for two weeks after treatment. Apply mineral makeup the next day if desired.

# ZEST TREATMENT

**ZEST is an innovative deep-cleaning treatment designed to remove biofilm, debris, and bacterial buildup from the eyelid margins. Unlike traditional home treatments, ZEST uses a natural okra-based gel to thoroughly cleanse the lids, improving tear film stability and reducing inflammation.**

## HOW DOES ZEST WORK?

- **Deep Cleaning** - The specially formulated okra-based gel breaks down biofilm and bacteria.
- **Lifting Away Debris** - The gel removes crusting, oil build-up, and bacteria, restoring a healthy ocular surface.
- **Refreshing and Soothing** - The treatment leaves the eyes feeling refreshed, reduces irritation, and improves tear production.



## WHY CHOOSE ZEST AT OCL VISION?

- **Specialist-Led Treatment** - Our experienced clinicians ensure a tailored approach for your eye health.
- **Immediate Results** - Many patients report relief from irritation and grittiness straight after treatment.
- **Long-Term Benefits** - ZEST can help prevent flare-ups and improve overall eye comfort by addressing the root cause of blepharitis.
- **Safe and Non-Invasive** - The treatment is gentle yet highly effective, making it suitable for all patients, including those with sensitive eyes.



# BLEFACALM TREATMENT

BlefaCalm is a comprehensive solution for inflammatory eye conditions such as blepharitis, blepharo-conjunctivitis, styes, and post-surgical irritation. It combines natural ingredients with advanced technology to cleanse, soothe, and protect the periocular area.

## HOW DOES BLEFACALM WORK?

- Antimicrobial and Anti-Inflammatory Action
- Removes grease and biofilm contributing to irritation.
- Utilises tea tree essential oil to combat bacteria and inflammation.
- Soothing & Regenerating
- Deep Cleaning & Debris Removal
- Chamomile extract calms, whilst dexpantenol, betaine, and allantoin moisturise and regenerate tissue.

## WHY CHOOSE BLEFACALM?

- Immediate Relief
- Reduces inflammation and discomfort within minutes.
- Pre-Treatment Heat Activation
- The single-use heated eye mask pre-warms the meibomian glands to enhance the effectiveness of the gel application.
- Long-Term Benefits
- Chamomile extract and other natural components ensure a soothing experience while promoting tissue regeneration.
- Recommended every 6 to 12 months for ongoing relief from dry eye and other conditions.
- Natural Ingredients for Eye Health



## WHY CHOOSE OCL VISION'S OPTOMETRY TEAM?

**At OCL Vision, we believe in delivering exceptional eye care with a personalised touch.**

Our highly skilled optometrists work alongside world-renowned ophthalmologists to offer a truly specialist-led service, ensuring that every patient benefits from expert knowledge, advanced technology, and a commitment to the highest standards of care.



# PATIENT TESTIMONIALS

“ Great experience and a professional team! The staff members are very friendly and helpful as always.

I can feel their professionalism throughout the process. Would definitely recommend if you want to have a **first-class treatment** of your eyes.

Jane

“ From start to finish, the treatment at OCL was informative and friendly by all sections of the company.

Responses to telephone enquiries were politely and well handled. The treatment provided was very efficient, **without even a hint of discomfort**. The result is proving to be very good and makes me wonder I did not do it earlier.

Mark

## WHAT'S NEXT...

One of our patient liaison team will be happy to assist with any questions you may have. You can call the clinic on 0203 369 2020 or email us at [surgery@oclvision.com](mailto:surgery@oclvision.com).

Our pricing is transparent, inclusive and upfront with no hidden extras. We offer a range of finance options and can work with you to make our pricing manageable.

## PAYMENT OPTIONS



### Self-Pay Patients

For self-pay patients we accept all major debit and credit cards including AMEX (no additional fees) or BACS transfer.



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PATIENT TRUST SCORE

*Read our reviews*







## OUR TREATMENTS

OCL Vision provides a wide range of both surgical and non-surgical treatments tailored to address your specific concerns.

- Laser Vision Correction
- Lens Replacement Surgery
- Implantable Collamer Lens
- Cataract Surgery
- Corneal Treatments
- Oculoplastic Services
- Non-Surgical Aesthetic Treatments
- Glaucoma Treatments
- Retina Services
- Eye Health Examinations
- Dry Eye Treatments



*Visit our website*



# Journey to *Comfortable Eyes*







# WHERE CAN I SEE *an OCL Vision Specialist?*



**OCL Vision Central  
London**  
55 New Cavendish St  
Marylebone  
W1G 9TF

**OCL Vision Kensington**  
First Floor,  
Universal Building  
364-366 Kensington High St  
London W14 8NS

**OCL Vision Elstree**  
Centennial Park,  
Ground Floor Unit 501,  
Centennial Ave, Elstree,  
Borehamwood WD6 3FG



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