Is IPL + RF right for you?

A dry eye evaluation helps determine whether meibomian gland dysfunction, inflammation, rosacea, or another condition is contributing to your symptoms.

Common symptoms:

- Burning or stinging
- Fluctuating or blurry vision
- Watery, red or irritated eyes
- Tired or heavy-feeling eyes
- Contact lens discomfort

Schedule a Dry Eye Consultation

We'll evaluate your tear film, eyelids and meibomian glands and discuss whether IPL, RF or a combination approach may be appropriate.

Stockton Optometry

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Patient education only. Results vary. Treatment recommendations and suitability require an eye examination. IPL and RF devices have device-specific indications, contraindications and safety requirements.

Beyond Dry Eye

Potential periocular skin benefits

IPL and RF technologies are also widely used in aesthetic medicine. Depending on the device, treatment area and individual patient, they may help improve the appearance of:

Facial redness

IPL can target visible blood vessels and redness in appropriate skin types.

Uneven tone

IPL may help reduce the appearance of certain brown or red discolorations.

Skin texture

RF heating can support collagen remodeling and may improve firmness and texture.

Periocular appearance

Selected treatments may provide a refreshed appearance around the eyes.

Important

Eye-health treatment and cosmetic treatment are not the same. We tailor recommendations to your diagnosis, skin type, goals and the specific technology being used.



RELIEF FOR DRY, IRRITATED EYES

IPL + RADIOFREQUENCY

Modern, non-surgical technologies designed to address meibomian gland dysfunction and the inflammation that can contribute to evaporative dry eye.
can contribute to evaporative dry eye.

Healthier lids.

A more stable tear film.

A refreshed appearance.

STOCKTON OPTOMETRY

Dr. David Benkle

Why do my eyes feel dry?

Many people with dry eye have meibomian gland dysfunction (MGD). These tiny glands in the eyelids produce the oil layer of your tears.

When the oils become thick or the glands don't work well, tears can evaporate too quickly - leading to burning, redness, watering and fluctuating vision.

The goal:

Improve the environment around the eyelids and support healthier meibomian gland function so the tear film can work more effectively.



MGD is a major cause of evaporative dry eye.

Your treatment plan may also include home care, prescription medications, gland expression or other therapies depending on your examination.

IPL: Intense Pulsed Light

Light-based treatment for MGD-related dry eye

IPL delivers carefully controlled pulses of broad-spectrum light to the skin near the eyes while the eyes are protected.

How it may help:

- Targets abnormal superficial blood vessels that can contribute to inflammation.
- May reduce inflammatory signaling associated with MGD and ocular rosacea.
- Warms the treatment area and can be paired with meibomian gland expression.
- Clinical trials suggest IPL can reduce dry eye symptoms in appropriately selected patients with MGD.

What does treatment feel like?

Patients commonly describe brief flashes of light and warmth. Protective eye shields are essential. Temporary redness or sensitivity can occur.

The number and spacing of treatments depend on your diagnosis and the device protocol.

RF: Radiofrequency

Controlled warming for the eyelids and surrounding tissue

RF uses electrical energy to create controlled heat in tissue. In dry eye care, warming may help soften thick meibomian oils and support gland function.

Why combine IPL + RF?

The two technologies work differently. IPL focuses on light-sensitive vascular and inflammatory targets, while RF provides deeper controlled warming.

Early studies of combined treatment report improvements in dry-eye symptoms and meibomian gland measures, but research on RF for dry eye is still developing.

A personalized approach

Some patients may benefit from IPL, RF, both technologies, or a different treatment entirely. Your examination guides the choice.



Comfort. Function. Confidence.

Our goal is to improve ocular comfort and tear-film health while considering the appearance and health of the skin around your eyes.