






## KEY BENEFITS & FEATURES

# OPTIMEL®

PRODUCT	RRP	CONCENTRATION	SEVERITY	SHELF LIFE	USAGE
 <p>Optimel Drops</p>	£22.00	16.5% Manuka Honey	Mild to moderate Dry Eye	Minimum 2 years. Use within 2 months of opening	For best results, use the drops up to 3 times a day
 <p>Optimel Gel</p>	£22.00	98% Manuka Honey	Moderate to severe Dry Eye	Minimum 2 years. Use within 2 months of opening	For best results, use the drops up to 3 times a day, ideally at night
 <p>Optimel Cream</p>	£20.00	16.5% Manuka Honey	N/A	Minimum 2 years. Use within 2 months of opening	As and when needed.

### Who needs Optimel?

Optimel gel and drops are suitable for patients suffering from any of the following:

1. **Evaporative dry eye disease**
2. **Aqueous tear deficiency**
3. **Meibomian gland dysfunction**
4. **Blepharitis**
5. **Corneal erosion**
6. **Colonised ocular surface**

Optimel Cream is suitable for patients suffering with **Eczema, Dermatitis and dry skin**

### When to dispense?

Best dispensed to your persistent anterior blepharitis patients or your end stage MGD patients. These are a great weapon to have in your arsenal for severe Dry Eye Patients who are still symptomatic despite being on a high-grade PF Hyaluronic drop.

## FAQ's

### How quickly can I see results?

Within 7 to 14 days you should see profound results.

### How do I apply the gel?

Squeeze the gel on to a cotton bud, covering the tip, and use this to apply to the lower lid margin.

### Why Manuka Honey rather than any other type of honey?

Manuka has the most antibacterial properties.

### What makes Optimel a natural antibacterial treatment?

Manuka honey has an active ingredient, namely, Methylglyoxal (MGO), which helps to kill bacteria around the eyelids and stabilise the health of the ocular surface by creating a microenvironment on the eye. This utilises the standardised and natural antibacterial property of honey to alleviate dry eye symptoms.

### How is Optimel certified?

It is a pharmaceutical grade honey, tracked back to the individual beekeepers. It does not fall under the UMF certification but rather it is graded by its natural antibacterial activity.

### What causes the stinging?

Manuka honey has a low PH level, it is the organic acids that causes the stinging. These acids are valuable to aid the natural antibacterial properties of the Manuka Honey, the stinging diminishes with regular use. To reduce the sting, The Eye Doctor's Intensive Relief preservative-free eye drops can be used before applying Optimel.

### Should I use alongside my artificial tears?

Optimel is not a lubricant and therefore if a lubricant is required, it can be used alongside The Eye Doctor's Intensive Relief preservative free eye drops. Over time Optimel reduces the requirement for lubricants.

### Can I use with contact lenses?

Wait 10 minutes after application before inserting contact lenses.

### What is the Optimel cream?

A manuka honey-based emollient with a very low PH level of 5.2%, close to the skins natural PH. Used for Dermatitis and can be used under makeup. 46% of MGD sufferers have dermatitis. The cream can be used over the whole face although it is primarily intended for the eyelids.

## Reminders & Precautions

1. Stinging is normal for a few seconds after application. It can last for up to 5 to 10 seconds.
2. If your patients get any other reactions aside from the transient stinging, tell them to cease use and contact you for further advice.
3. Do not prescribe if your patient has a history of hypersensitivity or allergy to honey.
4. Wait 10 minutes after application before inserting contact lenses.
5. Single patient use only.

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