Modern Vision Solutions Offers BlephEx Treatment for Dry Eye in Omaha, Nebraska

June 09, 2026

OMAHA, NE - June 09, 2026 -

Modern Vision Solutions, an optometry practice in Omaha, Nebraska, performs BlephEx in-office eyelid cleaning for patients with dry eye caused by blepharitis. The procedure is offered as part of the practice's dry eye treatment program at its Omaha location, where Dr. Meagan Anderson, OD, evaluates patients for eyelid margin disease alongside other potential drivers of chronic dry eye. Modern Vision Solutions has published a new educational article, "What Is BlephEx for Dry Eye?," outlining how the treatment works, who qualifies, and how it fits into a multi-modal dry eye care plan.

BlephEx® is a chairside procedure that uses a spinning medical-grade micro-sponge to exfoliate the eyelid margins, removing bacterial biofilm, debris, and Demodex mites that accumulate at the base of the lashes and clog the meibomian glands. According to information published by Modern Vision Solutions, treatment takes approximately two minutes per eye following application of a numbing drop, and patients return to normal activities the same day. Common indicators that prompt a BlephEx evaluation include crusting or flaking at the base of the eyelashes, recurring styes, visible debris along the eyelid margins, and dry eye symptoms that do not improve with artificial tears. Current clinical protocols typically recommend repeating BlephEx every four to six months as biofilm re-accumulates over time. Patients describe the procedure as a

tickling or light scrubbing sensation, and no recovery time is required after treatment.

Patients in Omaha and the surrounding communities of West Omaha, Papillion, La Vista, Bellevue, and Council Bluffs, Iowa, have access to BlephEx alongside the other dry eye treatments offered at Modern Vision Solutions in Omaha, including LipiFlow® thermal pulsation for meibomian gland dysfunction, OptiLIGHT IPL therapy for chronic ocular inflammation, and punctal plugs to support tear retention. The practice evaluates each patient's eyelid margin condition, meibomian gland function, and tear film stability during a comprehensive dry eye assessment before recommending a treatment path. Pairing in-office eyelid hygiene with thermal or light-based therapies addresses both the bacterial component of blepharitis and the underlying inflammation that drives chronic dry eye, and BlephEx is frequently sequenced with one or more of these treatments when the cause of dry eye is multi-factorial.

Dr. Meagan Anderson, OD, lead optometrist at Modern Vision Solutions in Omaha, completed a residency in Refractive Surgery and Primary Care at Kugler Vision in Omaha and earned her Doctor of Optometry degree from the University of Missouri ? St. Louis College of Optometry. She is a member of the American Optometric Association, the American Academy of Optometry, and the Nebraska Optometric Association, and is certified in specialty contact lenses and myopia management.

"Dry eye affects daily life in ways many people don't realize, from blurred vision to constant irritation, and one of the most common drivers is bacterial buildup along the eyelid margins," said Dr. Meagan Anderson, OD. "BlephEx targets that buildup directly, which is something at-home lid scrubs typically cannot reach. When the underlying cause involves meibomian gland dysfunction or chronic inflammation, we pair it with treatments like LipiFlow or OptiLIGHT IPL so the plan matches what is actually driving the symptoms."

Modern Vision Solutions is located at 10345 Pacific Street in Omaha, Nebraska, and serves patients throughout Omaha, West Omaha, Papillion, La Vista, Bellevue, and Council Bluffs, Iowa. The practice opened its Omaha location in October 2022 and is part of the Modern Vision Group network, which also includes Kugler Vision and ilumin in Omaha. The Omaha office takes a transparent, no-pressure approach to treatment recommendations, consistent with the practice's broader patient experience model. Driving directions to the Omaha office are available through Google Maps. The Omaha office accommodates adult and pediatric dry eye evaluations, and provides eyeglasses, contact lens fittings, myopia control, and comprehensive eye exams in addition to its dry eye program.

Additional information about BlephEx and dry eye treatment at Modern Vision Solutions in Omaha is available in the full article at mvsvision.com. Patients can also view the practice's location, hours, and contact information through its Google Business Profile. Modern Vision Solutions provides comprehensive optometric

care, dry eye treatment, contact lens fittings, and pediatric eye care to patients and families across Omaha and the surrounding region, and continues to expand its dry eye services and patient education resources as in-office eyelid hygiene and tear film therapies evolve.

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Modern Vision Solutions - Omaha

Experience a revolution in eye care with comprehensive eye exams, eyeglasses, and contact lenses in Omaha, NE.

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