Valeda™
PBM



Next Steps Guide

Understand how Valeda™ PBM works and get the most out of your treatment.

Alcon

Living with dry AMD

The impact of dry AMD is real. There's the possibility of vision loss. And there's the everyday tasks that become more difficult and can feel stressful. For years, there were no FDA-authorized treatments for early to intermediate dry AMD. Now that your doctor has prescribed Valeda™ PBM, there's renewed hope for your vision.[1,2]

With Valeda™ PBM, your vision can be **improved and maintained at about 2 years**,* so you don't have to miss all those moments that matter most.[3]

How does Valeda™ PBM work?

Valeda™ PBM is a device that uses a light-based therapy called photobiomodulation (PBM) to help stimulate energy production in the cells of your eyes. Valeda™ PBM uses 3 unique wavelengths of light to treat your eyes.[2,3]

> ***I've noticed since having the Valeda™ PBM treatments that I really see things differently. I can see the birds more clearly and I can identify where they are.***
>
> Actual Valeda™ PBM Patient

Results may vary. Talk to your doctor to learn more.

*Valeda™ PBM is indicated for early to intermediate dry AMD eyes with: 3 medium drusen, or large drusen, or non-central involving geographic atrophy; and with best-corrected visual acuity between 20/32–20/70.

AMD, age-related macular degeneration.

How often are Valeda™ PBM treatments given?

Treatment for early to intermediate dry AMD shouldn't take up your whole day. With the flexibility of Valeda™ PBM, you have more freedom to experience the moments that matter.

1 TREATMENT COURSE[3†]



3 applications per week

+



Over 3 consecutive weeks[‡]

=

FLEXIBILITY FOR YOU,
FOR MOMENTS THAT MATTER

[†]Each treatment course is repeated 3 times per year.

[‡]Depending on your doctor's recommendation, treatments could be over 3-5 weeks.

Please see back of brochure for Important Production Information for Valeda™ PBM.

Treatments can fit into your daily life

5 min

Treatments are given at your doctor's office or clinic and take about 5 minutes per eye.[3]

Valeda™ PBM is noninvasive, which means there are no needles; only light is used.[3]

Your pupils are not dilated, and there is no anesthesia. This means you are free to carry on with your daily activities after treatment.[3]

One treatment session with Valeda™ PBM takes ab



PHASE 1

35 seconds

with eyes open

PHASE 2

90 seconds

with eyes closed

What to expect on treatment day

Being prepared for treatment is simple.
Prior to the start of treatment you will need to[3]:

- Ensure you have removed your glasses and/or contact lenses
- Make sure that your hair is out of your face

Your doctor will have you place your head against the forehead rest and your chin on the chin rest.

bout 5 minutes per eye and happens in 4 phases.[3]

PHASE 3	PHASE 4
35 seconds	90 seconds
with eyes open	with eyes closed

> ***My first impression was how tiny the machine was. It wasn't scary or noisy. It was actually quite pleasant.***
>
> Actual Valeda™ PBM Patient

Stay on track with treatments

Valeda™ PBM can align with your schedule, as shown by 80% of people in a clinical trial completing every application over 2 years.[3]

Download a free Valeda™ PBM appointment tracker to stay up to date with your treatment.

Visit **MyValeda.com** to learn more.

Indications for Use

The Valeda Light Delivery System is intended to provide improved visual acuity in patients with best-corrected visual acuity of 20/32 through 20/70 and who have dry age-related macular degeneration (AMD) characterized by:

- The presence of at least 3 medium drusen (> 63 µm and = 125 µm in diameter), or large drusen (> 125 µm in diameter), or non-central geographic atrophy, AND
- The absence of neovascular maculopathy or central-involving geographic atrophy

After about two years, the Valeda Light Delivery System treatment provides improved mean visual acuity of approximately one line of visual acuity (ETDRS) compared to those not receiving the treatment.

Contraindications for Use

As a precaution, patients have not been tested and should not be treated with Valeda if they have any known photosensitivity to yellow light, red light, or near-infrared radiation (NIR), or if they have a history of light-activated central nervous system disorders (e.g., epilepsy, migraine). In addition, patients should not receive treatment within 30 days of using photosensitizing agents (e.g., topicals, injectables) that are affected by 590, 660, and/or 850 nm light before consulting with their physician.

Precautions

It is possible that treatment benefit may not persist significantly after treatment is stopped. The clinical study provided no significant data concerning the safety and effectiveness of the device should treatments be applied more frequently than described in this manual, or if more than 54 total treatments are delivered per eye.

References: 1. Cimarolli VR, Casten RJ, Rovner BW, Heyl V, Sörensen S, Horowitz A. Anxiety and depression in patients with advanced macular degeneration: current perspectives. *Clin Ophthalmol*. 2015;10:55-63. doi:10.2147/OPTH.S80489 **2.** Boyer D, Hu A, Warrow D, et al. 13-month efficacy and safety evaluation of multiwavelength photobiomodulation in nonexudative (dry) age-related macular degeneration using the Lumithera Valeda Light Delivery System. *Retina*. 2024;44(3):487-497. doi:10.1097/IAE.0000000000003980 **3.** Valeda US User Manual 2025.

Valeda™ PBM

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