



IPL Pre-Treatment Patient Instructions

The primary reason for your treatment is the improvement of the signs and symptoms of dry eye disease. IPL has also been shown to reduce the appearance of pigmented lesions (sunspots, age spots, and other skin discolorations), vascular lesions (red spots, small spider veins on the face), wrinkles, furrows and fine lines. The only intention of your treatment is the improvement of the signs and symptoms of dry eye disease, ocular surface disease, and meibomian gland dysfunction.

Pretreatment Patient Education

Patients should be aware of the following prior to performing the IPL procedure:

- Results are not guaranteed
- Not all pigmented lesions will disappear
- Pigmented lesions removed by treatment may recur, especially with excessive sun exposure
- Deep wrinkle lines will not be removed by the treatment
- Adverse effects may include redness, swelling, burning, pain, crust formation, bruising, hyper/ hypo pigmentation and scar formation
- Multiple treatment sessions are required for optimal results
- Maintenance dry eye treatment will be reviewed with each patient individually

Pretreatment Patient Instructions

- Do not take isotretinoin (Accutane) for 1 month before treatment.
- If you have a tan or have been tanning, please reschedule your appointment with the advice and direction of your doctor.
- Do not apply makeup or lotions on your face the day of treatment or be prepared to remove them to completion at our office.
- If you have a history of cold sores, take your prescribed medications (Valtrex, Famvir, Zovirax) on the day before, day of and the day after treatment. **Let our doctors know prior to arrival.**
- Inform our staff before each appointment if you (1) are taking new medications or (2) have tattoos, permanent makeup, or beauty marks you do not want to be altered.
- Inform the staff immediately if the area being treated feels “too hot”.

IPL Post Treatment Instructions

Patients will be given individualized eye and eyelid regimens to improve outcomes and minimize any unintended discomfort. Dryness and grittiness may be worse within the first 1-3 treatments and especially within the first couple of days of treatment due to evacuation of diseased oil.

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days. Apply wrapped ice or gel packs to the treatment area for 10-15 minutes every hour for the next 4 hours, as needed. Never apply ice directly to skin. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- The vessels may undergo immediate graying or blanching or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about 10-14 days.
- Pigmented areas on the skin may also appear darker. Superficial pigment may darken, dry and slough off within 7-10 days. Deeper pigment darkens and then slowly fades as the body absorbs the remnants of damaged pigment.

In addition to discussing expected post treatment sequelae, patients are given the following instructions:

- Apply sunscreen everyday (45 SPF or greater)
 - Use only gentle cleansers and lotions until healing is complete. Avoid perfumes and lotions, including products with alcohol or acid, until healing is complete.
 - If a blister develops, notify the office immediately for directions on how to safely manage this. Do not pick the blister or scab because a scar may form.
 - Bathe or shower as usual. Treated areas may be temperature sensitive.
 - Do not pick, remove, or pull at any darkened lesions as scarring may occur.
 - Do not use Retinol or products with Retinol in the ingredients for 2 weeks after treatment.
 - Schedule a follow-up appointment for evaluation. Repeat treatments may be performed 2-4 weeks apart if skin has fully recovered. Multiple treatments may be necessary.
- Until redness has resolved, it is recommended to **AVOID THE FOLLOWING:**
 - Applying cosmetics to treated areas
 - Swimming, especially in pools with chemicals
 - Hot tubs, jacuzzis, and saunas
 - Exercising as well as any activity that causes excessive perspiration or raises your core body temperature for 24-48 hours post treatment.

Call our office if any additional problems, questions or concerns arise.

512.258.2120

Appointments

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____