

# IPL for Dry Eyes

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The majority of patients with dry eye symptoms have meibomian gland problems. These glands are in the eyelid and create oil that stabilizes our tears. Many people with dry eyes have thick abnormal oils, at times turning into a paste-like substance. This irritates the eyelids and eyes leading to redness, burning, or tearing.

IPL, or Intense Pulsed Light, is a way to treat these problems. For over a decade, IPL has been used as a cosmetic treatment for the face to shrink blood vessels and improve the appearance of the skin. Using special equipment, IPL can now safely treat patients with dry eye symptoms.

Improving our eyelid glands brings relief of many dry eye symptoms. Most of our patients are better after four sessions of IPL. It takes about 20 minutes in the office. There is no post procedure care. Just as you take care of you teeth and clean them every six months, we recommend IPL treatments every six months to one year. The IPL sessions are \$100 and are not covered by insurance.

- Don't go tanning in the sun for 2 weeks afterwards. Use sunscreen. Avoid skin irritants to the face for 2 days afterwards.
- *Caution is advised for persons with a history of herpes simplex or cold sores around the eyes or cheeks and nose.*
- Prior to treatment, the face must be cleansed of make-up, perfumes, powders, or moisturizers. Please note you may be more uncomfortable if you are premenstrual, tired, or taking antibiotics.
- In some cases, treatment will result in a mild sunburn-like sensation that typically disappears without treatment in 2-3 hours. Some mild redness may persist for 1-2 days following treatment. Tylenol can be used.
- Caution is advised if you have used oral isotretinoin (Accutane) or corticosteroids within the last six months. Persons with a history of keloid scar formation may be more prone to scarring after any skin trauma, including IPL treatment.

# Consent for IPL Treatment

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**Indications:** IPL is used in the treatment of blepharitis and dry eyes. The IPL machine uses a high intensity light. Treatment may result in a mild sunburn feeling that typically disappears in 2-3 hours.

**Complications include but are not limited to:**

1. Bruising
2. Swelling
3. Blistering

**Precautions:**

*Herpes Simplex:*

Caution is advised for patients with a history of herpes simplex near the treatment area. Treatment may cause an outbreak of this condition. The risk of this complication can be reduced if you take prescribed antiviral medication for a few days before and after each treatment. If you have an active herpes outbreak, your appointment should be rescheduled.

*Do not have this procedure if you have:*

Significant sun exposure 2-4 weeks prior to treatment, active infections, compromised immune system, coagulation disorders, photosensitivity, use of anticoagulants, pregnancy, moles, and/or tattoos in the treated area.

Treatment areas should not be tanned. Apply a broad spectrum (UVA/UVB) sunscreen of SPF 15-30 for 2 weeks after treatment. For optimal results, refrain completely from sun tanning or the use of tanning beds during the therapeutic period.

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I understand the above, and have had the risks, benefits and alternatives explained to me. No guarantees about results have been made. I authorize Intense Pulse Light therapy.

**This elective self-pay procedure is not covered by medical/vision insurance and I agree to the self-pay fee of \$100.00 per treatment.**

Amount paid \_\_\_\_\_ Cash/Check/Charge    Collected By \_\_\_\_\_

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date