



Instructions for IPL Treatment

Dry Eyes and Blepharitis

1. Treatment areas should not be exposed to the sun. Apply a broad spectrum (UVA/UVB) sunscreen of SPF 15-30 for 2-4 weeks before and after treatment. For optimal results, refrain completely from sun tanning, use of tanning beds, or self-tanning products during the treatment period.
2. Caution is advised for persons 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.
3. Use of skin irritants (i.e. hydroquinone, benzyl peroxide, glycolic acid, retinoic acid, alpha-hydroxy products, and astringents) should be avoided for at least 48 hours before and after treatment.
4. Prior to treatment, the area must be cleansed of make-up, perfumes, powders, or moisturizers. Please note you may be more sensitive or uncomfortable if you are premenstrual, tired, or taking antibiotics.
5. In most cases, treatment will result in a mild sunburn-like sensation that typically disappears without treatment in 2-3 hours. Some mild redness may persist following treatment. Rarely, blistering may occur. Discomfort may alleviate with Tylenol. An over-the-counter hydrocortisone cream may help minimize redness. If desired, apply a healing or soothing gel or ointment for 2 days.
6. Following treatment, the site should be washed gently with a mild non-drying soap and water. Make-up may be applied and removed delicately. Do not scratch or rub the area.
7. Caution is advised for receiving IPL treatment if you have used oral isotretinoin (Accutane) or corticosteroids within the preceding six months. Persons with a history of keloid scar formation may be more prone to scarring after any skin trauma, including IPL treatment.
8. Results will be noticeable in 1-2 weeks after treatment with gradual improvement in dryness, irritation and burning. Initial treatment is followed by 3 subsequent treatment sessions at least 5-6 weeks apart. To maintain results, follow-up treatments are recommended every 9-12 months. You will be directed by your physician on what will suit your individual needs.
9. Begin post-operative eye drops – One drop in both eyes three times a day for three days.