



IPL Post-Procedure Expectations and Instructions

Congratulations on taking a massive step towards healthier, happier eyes! Immediately after treatment, some patients may notice blurry vision from the shields and lubricants, as well as slight redness of their eyes, eyelids, and face that may last a few hours to a few days. Some dryness or grittiness may occur after the first one to three treatments as the diseased, thickened, and stagnant oils have been evacuated from the meibomian glands. Fine, healthy oil will be replenished naturally by the glands over time. Patients should continue all of their previously prescribed, personalized eye and eyelid care regimens, as recommended by their doctor, but you may want to wait 24 hours to apply any warm compresses.

Pigmented areas on the skin may appear darker immediately following the procedure. Superficial pigment may continue to darken, dry, work its way to the top of the skin, and even slough off within seven to ten days. Deeper pigment may darken and then slowly fade as it is reabsorbed back into the skin.

To improve outcomes and reduce the chances of unintended discomfort, the patient should adhere to the following instructions:

- Avoid prolonged or intentional UV exposure (tanning or tanning beds)
- If the treated area is red or irritated after treatment, a cool compress may be applied. Do not apply completely frozen ice packs directly to the skin
- Apply sunscreen 30 SPF or greater if you are going to be in direct sunlight. Reapply at least every 2 hours
- Gentle cleansers or moisturizers may be applied as desired
- Avoid perfumes that contain alcohol or acids for a few days
- Some patients may experience prolonged flushing (redness) or itching of the treatment area. OTC Hydrocortisone cream may be applied to the skin, avoiding eyes and eyelids 2-3 times per day for a few days until this subsides
- If blisters develop do not pick the blister and call the office immediately
- Call the office with any additional questions, comments, or concerns

We look forward to your feedback and follow up on this revolutionary dry eye treatment!