



OptiLight Intense Pulsed Light (IPL) Pre-Treatment Patient Education Handout

IPL Treatment at Eye Care Associates of Manhattan, P.A. is performed primarily to improve the signs and symptoms of Dry Eye Disease (DED), Ocular Surface Disease (OSD), and Meibomian Gland Dysfunction (MGD). However, you must be aware that IPL is also used for, and has been shown to reduce, the appearance of red and brown spots on the skin (from rosacea and unwanted age spots, for example). The only intention of your treatment in our office is the improvement of signs and symptoms of the previously mentioned eye-related conditions.

What is OptiLight IPL treatment and how does it work?

OptiLight IPL is a drug-free, drop-free treatment that is FDA approved to reduce the signs and symptoms of dry eyes. IPL is the delivery of energy in the form of light into the skin which directly or indirectly interacts with target tissues for an intended therapeutic benefit. OptiLight IPL used in the treatment of DED, OSD, and/or MGD pulses energy of very specific ranges of wavelengths of light for a very specific duration of time (a few milliseconds) into the skin to:

- Destroy pro-inflammatory telangiectatic blood vessels, especially those vessels associated with ocular rosacea (reduce inflammation)
- Reducing inflammatory mediators present in the tear film (reduce inflammation)
- Improve Meibomian Gland structure, function, and secretion quality and quantity to increase tear breakup time (make thicker, healthier tears that evaporate more slowly)
- Photobiomodulation (upregulation of metabolism of cells to accelerate healing)
- Decrease the presence of bacteria and Demodex mites (reduce inflammation and irritation)
- Potentially improve blink mechanics by increasing tone of the lid skin through stimulating collagen synthesis (potentially allow the lids to spread the tears more evenly and consistently)

OptiLight IPL is typically performed initially as a series of 4-6 treatments separated by 2-4 weeks between treatments. Subsequent maintenance treatments typically consist of one treatment per year, although some patients require more or less frequent treatment depending on the severity of their condition.

Are there any side effects?

OptiLight IPL has been shown to be an incredibly safe and tolerable procedure, used daily by hundreds of optometry and ophthalmology practices across the country. While not an exhaustive list, there are a few common, known side effects that can be expected:

- Some patients experience redness or flushing to the treatment area immediately following treatment for a few minutes to a few hours, and although rare, even the

sensation of a mild sunburn for up to a few days (which can be improved by topical treatments recommended by the doctor)

- Reduction and often elimination of redness and superficial (telangiectatic) blood vessels in the treatment area
- Reduction or even elimination of hyperpigmentation to the skin of the treatment area to include age spots, freckles, and benign pigmented lesions, although these often darken initially and work their way anteriorly prior to lightening or 'sloughing off' during the duration of treatment
- Improvement in the color, contour, and clarity of the skin in the treatment area
- Possible reduction of hair in the area treated, depending on the settings used

What are the contraindications?

These will be evaluated in detail with each patient during the informed consent process, but examples would be:

- Patients on photosensitizing medications like Accutane
- Darkly pigmented patients (Fitzpatrick type V and VI)
- History of skin cancer in the treatment area
- Presence of active infections or open wounds in the treatment area
- History of seizures or epilepsy

What should I expect if I pursue treatment?

Should you desire to proceed with treatment, a Fitzpatrick skin typing questionnaire and a formal informed consent form must be completed and reviewed. Assuming candidacy for the treatment is confirmed, appointments for treatment sessions will be made, and a treatment protocol selected by you and the doctor (area around the eyes only, or the entire face). On the day of treatment, you will be reclined and laser grade eye protection will be placed on your eyes to protect the eye structures. The treatment area will be coated with ultrasound gel, and the doctor will confirm the treatment plan. During the treatment, you will notice bright flashes of light and a small amount of heat with each pulse. Patients describe the sensation of the pulses as anywhere from not being noticeable at all and 'a spa-like experience', to a small rubber band snap on the skin, depending on the settings required for that patient's individual treatment and their skin tone. Once the treatment is completed, the ultrasound gel is removed, the eye protection is removed, and the skin is wiped dry. Depending on the time of day and your plans, topical sunscreen may be applied and an aftercare handout will be discussed and given to you to ensure the treatment area is taken care of properly prior to the next treatment. After 4 sessions (or more if necessary) are completed, a follow-up appointment in 4-6 weeks after the last treatment will be scheduled to review your progress.

Is there anything else I should know?

While IPL has shown to be very effective for many, many patients in minimizing their dry eye symptoms, it works best when the patient continues any at-home maintenance therapies prescribed by the doctor (warm compresses with moist heat mask with massage, lid hygiene/cleansing, hypochlorous acid products, artificial tears, prescription medications, and/or oral omega 3 supplementation).

- Results cannot be guaranteed
- Not all red and brown spots on the skin will disappear, and those that do may recur, especially with excessive sun exposure
- Deep wrinkle lines will not be removed by the treatment
- Multiple treatment sessions are required for optimal results, and how many you will need is patient and condition dependent and impossible to predict. Eye Care Associates of Manhattan, P.A. recommends a minimum of 4 treatments spaced 2-3 weeks apart for optimal results
- Most patients do not notice much, if any improvement in their dry eye symptoms after the first treatment. After the second treatment, some patients will begin to notice some positive changes to the skin and potentially some mild improvement in the dry eye symptoms. By the third treatment, most patients will be starting to have a more noticeable response in the skin and to their ocular comfort, with the vast majority experiencing noticeable improvement by the fourth treatment. Some patients may require a 5th or 6th session to achieve maximal improvement and/or benefit from a TearCare heated expression of the meibomian glands around the 4th treatment.
- Maintenance requirements are individual to the patient. Some patients may be able to experience a year or two of minimal symptoms or signs after their initial treatments. Most will need a single maintenance treatment at around 12 months after the initial treatment and around every 12 months thereafter. Some will benefit and/or desire a 'touch up' around every 6 months or even more often!

OK, I'd like to move forward, what do I do between now and my first treatment?

An appointment for treatment will be set with your doctor. Please follow these guidelines to ensure maximal treatment success and minimal risk:

- Continue all previously recommended dry eye treatments outlined by your doctor
- Do not take isotretinoin (Accutane) for at least 1 month prior to treatment
- Tanned or sunburned skin or artificial tanning sprays, creams, and oils will absorb the light from the treatment and must be avoided as much as possible (Use SPF 30+ sunscreen on the treatment area in the 2-3 weeks leading up to treatment if you must be outdoors for any length of time)
- If you have a history of cold sores in the treatment area (lips, nose), take your prescribed prophylactic medication (acyclovir, Valtrex, Famvir, Zovirax) on the day before, day of, and day after treatment
- Inform our staff prior to your appointment if you start any new medications between the consult and treatment

On the day of treatment:

- Dress comfortably
- Be prepared to pull any long hair back out of the way of the face, but not into a ponytail as you will be reclined and resting your head on a headrest (we use individually wrapped, disposable hair bands)
- Do not apply makeup or lotions to your face or arrive early enough to remove them entirely prior to your scheduled treatment time
- Relax! The treatment is really very easy and quick, usually lasting between 10 and 20 minutes