



OptiLight IPL for Dry Eye | **Treatment Protocol**

How does it work?

- **Targeted light therapy** – IPL delivers precise pulses of light to the area around the eyes, gently warming the eyelids and surrounding tissue without damaging sensitive structures.
- **Reduces inflammatory markers and improves meibomian gland function**– The light treatment helps decrease the presence of inflammatory substances that contribute to dry eye symptoms and meibomian gland blockage. IPL helps restore proper oil flow into the tear film.
- **Eliminates abnormal blood vessels** – The treatment targets small, abnormal blood vessels that can release inflammatory mediators that worsen dry eye symptoms.
- **Modulates immune response** –IPL helps normalize the local immune activity that can become dysregulated in chronic dry eye conditions.

Pre-Treatment

- Review medical history and check medications
- Assess recent sun exposure or procedures in treatment area
- Complete Speed II Questionnaire
- Dry eye assessment will be performed by your optometrist

What to Expect During Lumenis OptiLight Treatment

Steps:

1. **Eye Protection** – Special shields will be placed over your eyes to protect them during the treatment, ensuring the light only affects the intended areas around your eyes.
2. **Gel application** – A 1-2 mm thin layer of cooling gel is applied to the treatment area to protect your skin and help the light energy penetrate more effectively.
3. **Light pulses delivery** – The Lumenis OptiLight handpiece is gently placed against your skin, delivering precise pulses of light to the areas below your eyes and around the cheekbones.
 - OptiLight device settings are adjusted specifically for your skin type and the severity of your condition to deliver optimal results.
 - Sensation during treatment – Most patients describe feeling a warm sensation or mild snapping feeling with each pulse, but the procedure is generally well-tolerated with minimal discomfort.
 - **Treatment duration** – The entire procedure typically takes only 10-15 minutes
 - **Treatment schedule** – 4 treatment sessions, 2-4 weeks apart

Post-Treatment

- Avoid direct sun exposure - apply at least SPF 30 sunscreen to your eye area for at least a week after each session.
- Avoid hot showers, hot tubs and saunas
- 6 Products You Should Avoid
 - Retinoids and retinol-containing products
 - Alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) – Chemical exfoliants like glycolic acid or salicylic acid should be avoided for at least one week as they may create additional sensitivity.
 - Vitamin C serums
 - Harsh cleansers or scrubs
 - Fragranced skincare products – Artificial fragrances may trigger irritation or allergic reactions in the sensitized treatment area.

As the skin heals from the IPL treatment, you may notice some dryness and minor peeling. We recommend that you use a moisturizing cream morning and at night to help your skin heal. You may wear makeup 24–48 hours after the treatment, as long as you apply and remove it gently.

Contraindications

- Recent tanning or sun exposure – Avoid treatment if you've had significant sun exposure within 3-4 weeks, as this increases the risk of skin reactions to the light therapy.
- Pregnant/Nursing
- Certain skin conditions or open wounds – Conditions like psoriasis, eczema, or dermatitis in the treatment area
- Active eye infections
- Photosensitizing medications (can make your skin more sensitive to light and increase the risk of adverse reactions). Discontinue these medications 6 months prior to treatment
 - tetracycline
 - doxycycline
 - ciprofloxacin
 - levofloxacin
 - isotretinoin (accutane)
- History of keloid scarring
- Certain autoimmune disorders – Some conditions that affect the skin's healing ability may contraindicate this treatment such as Lupus or Porphyria

Please read pre- and post- treatment instructions and sign below:

Pre-Treatment:

1. You have not used any retinol products within 5 days of your treatment.
2. You have not used any scrubs or abrasive treatments of any kind within 1 week of treatment.
3. Your medication dosage or type has not changed since your last visit and you have not added any supplements, ANTIBIOTICS or herbal remedies not previously listed.
4. The risks and benefits have been explained to you (redness, blotchy skin, mild discomfort, temporary tightness/tingling, pigmented spots that may surface).
5. You have not been instructed by your MD to avoid IPL treatments either for dry eye or skin.
6. You have no medical conditions that would interfere with this treatment (epilepsy, seizure disorders)
7. You have no open wounds or skin lesions near the area to be treated (cold sores or dermatological conditions for which you are being treated or followed by an MD such as skin cancers).

Post-Treatment:

1. Keep treatment area clean by using only a very gentle cleanser and rinsing with water. No abrasives, scrubs or treatment with retinol or any acids or products for two weeks.
2. Moisturizer on the face should be one with an SPF of at least 25. Avoid ALL sun exposure for 24 hours after treatment.
3. Avoid rubbing or touching the treated area. Mild redness, tingling and mild swelling is normal after the treatment and subsides after a few hours.
4. Avoid alcohol and spicy foods and ASPIRIN for 24 hours after treatment
5. Treatment plan – treatments spaced between 2-4 weeks apart depending on severity and results of consultation and initial treatment. This schedule can be adjusted as needed. ANY questions or concerns please bring to our attention immediately.

My signature certifies that I duly read and understand the content of the treatment protocol and pre-treatment guidelines

Patient Signature

Date



OptiLight IPL for Dry Eye | **Consent Form**

Initial

I authorize Doctor _____ to perform IPL™ treatments on me in an effort to improve Dry Eye Disease due to Meibomian Gland Dysfunction / Dyschromia / Hyperpigmentation / Hair Reduction / PWS / Haemangioma / Angioma / Rosacea / Telangiectasia / Other

I understand that without eye protection, IPL applied near the eyes may cause severe ocular complications

I understand that there is a rare possibility of side effects or serious complications including permanent discoloration and scarring. I am aware that careful adherence to all advised instructions will help reduce this possibility

I understand the below list of short-term effects and agree to follow matching guidelines:

- Flaking of pigmented lesions – crusts may take 5 to 10 days to disappear and it is important not to manipulate or pick which may otherwise lead to scarring
- Discomfort – during the procedure, I might experience a sensation similar to a rubber band snap which degree will vary per my skin condition and area sensitivity but that does not last long. A mild “sun-burn” sensation may follow for typically up to one hour and will be reduced with application of cooling and soothing creams
- Reddening and swelling – severity and duration depend on the intensity of the treatment and the sensitivity of the area to be treated. These phenomena may be reduced with application of cooling and/or anti-inflammatory creams
- Bruising may rarely occur and may last up to 2 weeks

I understand that sun exposure or tanning of any sort is not aligned with the pre and/or post-care instructions and may increase the chance for complications

The procedure as well as potential benefits and risks have been thoroughly explained to me and I have had all my related questions answered

Pre and post-care instructions have been discussed and are completely clear to me

I understand that results may vary with each individual and acknowledge that it is impossible to predict how I will respond to the treatment and how many sessions will be require

I consent to photographs being taken for the purpose of documenting my progress and response to the treatment and be kept solely in my medical record

I consent to photographs being used for medical education or publication with applied discretion and not revealing my identity

I agree to review the following IPL™ pre-treatment compliance checklist along with my Physician and bring accurate and updated data, to the best of my knowledge