



## Optilight IPL Consent & Safety Information

The OptiLight system is used in the treatment of meibomian blepharitis (Dry eye), facial telangiectasia, erythema of rosacea, and other related skin conditions. The OptiLight system emits brief pulses of broad light (Intense Pulsed Light, or IPL). Part of the emitted spectrum, especially UV and blue light, is blocked with a filter that is part of the device.

### Treatment

To adjust the treatment parameters to a specific patient, before treatment the physician determines the skin type, verifies that the appropriate filter is inserted in the system, and adjusts the IPL settings according to the skin type and the condition to treat. Before the treatment begins, both eyes must be protected with goggles, disposable eye patches, or corneal shields and a thin layer of transparent gel must be spread on the treatment area. The treatment area includes the cheeks, the nose, the skin below the lower eyelids and directly on the upper and lower eyelids as appropriate. The IPL energy will be delivered with a handpiece held by the physician. Before the actual treatment, the physician will perform a “test spot” to assess the skin reaction to a single IPL pulse applied in an inconspicuous area of the face (for example, below the temple). If the skin reaction is acceptable, and if the patient is comfortable, treatment will begin. The entire treatment session should take no more than a few minutes. For optimal results, 4 treatment sessions at 2-4 week intervals are recommended.

During treatment, a brief sensation close to a light rubber band snap may be felt each time an IPL pulse is delivered onto the skin. This sensation may be mild or moderate, depending on skin condition and sensitivity. Patients will also be aware of the brightness of the light emitted along with a warm sensation.

### Side Effects and Complications

1. Mild sunburn feeling, including reddening or swelling of the skin, after the treatment. These effects typically disappear after 2-3 hours.
2. Bruising or Blistering, in rare cases of hypersensitive skin. These may last up to 2 weeks.
3. Permanent skin damage, such as discoloration or scarring, in rare cases when guidelines are not strictly observed (such as: incorrectly identifying the skin type, not performing a test spot, not using a transparent gel, or treating too close to the lid margins).
4. Ocular damage- If eyes are not properly protected at all time during the treatment.

Contraindications: 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.

Other contraindications include: sun exposure 2-4 weeks prior to treatment, active infections or skin tumors in the treatment area, compromised immune system, coagulation disorders, photosensitivity or allergy, use of aspirin/anticoagulants pregnancy, moles and tattoos.

Treatment areas should not be exposed to the sun. A broad spectrum (UVA/UVB) sunscreen of SPF 15-30 should be applied for 2 -4 weeks before and after the treatment. For optimal results, during the therapeutic period you should refrain completely from sun tanning, use of tanning beds or self-tanning products.



# eyecare eyewear

## Consent for IPL Treatment of Dry Eye

By acknowledging that I have read this consent and safety information, I understood the content of this consent form, have provided accurate information as to my health condition(s), and I authorize my optometrist to perform Intense Pulsed Light therapy as he/she deems necessary.

I understand all of the above.

I understand that there is a rare possibility of complications if guidelines are not strictly followed.

I understand that there is a rare possibility of complications if contraindications are ignored.

I understand that I may experience some pain or discomfort during the treatment.

I understand that I may experience a sun burn feeling a few hours after the treatment.

I understand that my eyes must be protected at all times during IPL treatment.

I understand that sun exposure or tanning before or after IPL treatment increases the risks.

I understand the procedure, the alternatives, the potential benefits, and the potential risks.

I understand all pre-care and post-care instructions.

I understand that there is a possibility that I will not benefit from this treatment.

