



**Eye Center of
Northern Colorado**
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IPL PRE-TREATMENT PATIENT INSTRUCTIONS

The primary reason for your treatment is the improvement of Dry Eye signs and symptoms. You must know 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 is the improvement of the signs and symptoms of dry eye disease, ocular surface disease, and Meibomian gland dysfunction.

Pretreatment Patient Education

Patients should be aware of the following prior to performing the IPL procedure:

- Results are not guaranteed
- Not all red and brown areas will disappear
- Red and brown spots removed by treatment may recur, especially with excessive sun exposure.
- Deep wrinkle lines will not be removed by the treatment.
- Adverse effects may include redness, swelling, burning, pain, crust formation, bruising, hyper- and hypo pigmentation, and scar information.
- Multiple treatment sessions (minimum of 4 consecutive separated by 2 to 3 weeks) are required for optimal results.
- Maintenance dry eye treatment will be reviewed with each patient individually.

Pretreatment Patient instructions

- Do not take isotretinoin (Accutane) for 1 month before treatment.
- If you are tanned or have been tanning, please reschedule your appointment with the advice and direction of your doctor
- Do not apply makeup or lotions on your face the day of treatment, or be prepared to remove them to completion at our office
- If you have a history of cold sores, take your prescribed medications (Valtrex, Famvir, Zovirax) on the day before, day of and the day after treatment. **Let our doctors know prior to arrival.**
- Inform our staff before each appointment if you (1) are taking new medications or (2) have tattoos or beauty marks you do not want to be altered.
- Inform the staff immediately if the area being treated feels "too hot"