

IPL treatment for Dry Eye Disease

Bay Eye Care was the first practice in Tauranga to offer Intense Pulsed Light (IPL) treatment for dry eye disease due to Meibomian Gland Dysfunction (MGD) in 2017. Countless patients have had excellent clinical and symptom relieving results with IPL treatment for dry eye disease since then.

Who Can Benefit?

About 20% of the population suffers from dry, red, sore and irritated eyes due to MGD. The oil-producing meibomian glands stop working effectively in sufferers, diminishing the lipid (oily) layer of the tear film. This causes the watery component of tears to evaporate excessively. **IPL is ideally suited to MGD sufferers, providing cumulative relief from the underlying cause and symptoms.**



What is IPL?

The E-Eye IPL is a revolutionary treatment which generates a series of flashes of homogenous light to the skin around the lower eyelid. The energy, spectrum and time period are precisely set to stimulate the meibomian glands to return to their normal function.

When Will I Notice Improvements?

The meibomian glands show mildly improved functioning in a very short time (after a couple of hours) following the treatment. The effect is cumulative, so the improvement will last for about two weeks after the first treatment, four weeks after the second one, then from a couple of months onward. **Marked improvement in symptoms and reduced need for eye drops is generally noticed after two to three treatments.**

How Long Will the Improvements Last?

According to studies, 62% of patients will continue to experience relief without needing another treatment within 3 years. Though some may require further treatment within the year, **on average the effects of IPL are noticed for over two years** (Malbel, Christian. *Follow-up of 55 patients treated with E-Eye From 2012 to 2015* Data on File. France Medical)

What is Involved?

An initial dry eye assessment (\$239) is required to determine whether IPL is the most appropriate treatment for you. Once this has been decided, each IPL session takes around 15-30 minutes.

After application of protective goggles and an insulating gel to your skin, a series of intense light flashes are directed to the areas of skin adjacent to your eyes.

As of April 2020 we are now offering the new 5-flash protocol as research from Auckland University found this had a quicker improvement in signs and symptoms than existing treatment protocols in use (for more information visit: www.nzoptics.co.nz/articles/archive/ipl-therapy-for-mgd/).



Though the flashes are extremely bright and feel warm on your skin, there is no pain or significant discomfort. Following the flashes your optometrist will carry out an in-office meibomian gland expression to take advantage of the heat from the IPL to

release blocked oils. This part can cause mild transient discomfort, but is recommended to improve the outcome of IPL therapy.

IPL does not affect your ability to drive following the treatment.

Three treatments are required over a 6 week period. In some cases additional treatments may be required for optimal improvement in your dry eye symptoms. Your optometrist will discuss this with you on a case by case basis.

IPL Program for Dry Eye

Our IPL program for dry eye consists of three '5-flash' IPL treatments over six weeks, plus a review appointment and follow-up TearLab tear chemistry testing. The fee for this program is \$879.

IPL offers long lasting improvement in dry eye symptoms to complement ongoing lubricants and eyelid hygiene

Additional treatments following the completion of the six week program can be arranged. The cost for individual treatments is \$289 each.

Contraindications: Please check if you have one of the following conditions:

- | | |
|---|--|
| <input type="checkbox"/> Skin phototype VI (very dark /black skin) | <input type="checkbox"/> Photosensitive medications |
| <input type="checkbox"/> Pregnancy | <input type="checkbox"/> Pacemaker |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Lupus disease |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Gold injection |
| <input type="checkbox"/> Active tans | <input type="checkbox"/> HIV/AIDS |
| <input type="checkbox"/> Keloid scarring under the eyelid | <input type="checkbox"/> Xeroderma |
| <input type="checkbox"/> Porphyria | <input type="checkbox"/> Haemophilia |
| <input type="checkbox"/> Anti-coagulant use | <input type="checkbox"/> Moles, birthmarks or tattoos under the eyelid |
| <input type="checkbox"/> Roaccutane | <input type="checkbox"/> Under 18's |
| <input type="checkbox"/> Diabetes (note: treatment can be performed following a successful skin test patch - discuss with your optometrist) | |

Please advise if you are taking any of these photosensitive medications:

- | | |
|---|--|
| <input type="checkbox"/> St. Johns Wort medications | <input type="checkbox"/> Sulphonamides and related chemicals |
| <input type="checkbox"/> Antibacterial group: sulphathiazole, long acting sulphonamides | <input type="checkbox"/> Griseofulvin |
| <input type="checkbox"/> Diuretics: chlorothiazide, hydrochlorothiazide, quinethazone | <input type="checkbox"/> Antiarrhythmic |
| <input type="checkbox"/> Antidiabetic: sulphonylureas, cabamides | <input type="checkbox"/> Tomezathine hydrochloride |
| <input type="checkbox"/> Tetracyclines: tetracycline, doxycycline, dimethylchlortetracycline (Ledermycin) | <input type="checkbox"/> Amiodarone |
| <input type="checkbox"/> Declomycin chlortetracycline (Aureomycin) | <input type="checkbox"/> Phenothiazines |
| <input type="checkbox"/> Chlorpromazine, promazine, trimeprazine, mepazine | <input type="checkbox"/> Chlordiazepoxide |
| <input type="checkbox"/> Psychotropic drugs | <input type="checkbox"/> Diphenhydramine |
| <input type="checkbox"/> Antihistamines of non--phenothiazine structure | <input type="checkbox"/> Chloroquine |
| <input type="checkbox"/> Antimalarials | |

IPL for Dry Eye Consent Form

I have read and agree to the following:

- The E>Eye is an IPL device specially designed for the treatment of Dry Eye caused by Meibomian Gland Dysfunction (MGD)
- For optimum results all three treatments should be completed out over a 6 week period. The 2nd treatment will typically be scheduled 2 weeks after the initial treatment, and the 3rd treatment 4 weeks after the 2nd.
- Prior to IPL treatment for dry eye disease the skin area to be treated needed to be cleaned and free from make-up, foundation and spray tan.
- The area to be treated is the skin below and next to the eyelids (5 flashes per eye)
- Direct exposure to an intense light can cause eye injuries. Protective goggles must be worn during treatment with the eyes closed.
- Redness, swelling and a mild burning sensation much like sunburn can occur but this is rare, and usually subsides within a few hours.
- I understand that during and following IPL treatment for dry eye that other dry eye treatments recommended to me by my optometrist (such as lubricant drops, lid hygiene, omega 3 supplements and lid massage) may still be required for optimal relief of symptoms. It is expected that the frequency of these treatments can be reduced following IPL treatment, but may still be necessary.
- I understand that after a certain period of time (generally over 6 months, and often for years) a repeat IPL procedure (\$289) or program (\$879) may be required to maintain improvements in dry eye symptoms. I accept that the price for IPL treatment in the future is subject to change.
- Although most patients notice satisfactory outcomes from IPL treatment for dry eye there is a chance that the results that you achieve may not meet your expectations. In this instance there is no refund possible.
- I agree that the information about IPL treatment for dry eye has been explained to me and my questions and concerns have been answered. After reviewing all the information available to me, and taking into account my health status, I believe I am a good candidate for the treatment.

Please make sure you agree to all the points before signing below. If you need to ask more questions or you require more information before signing feel free to ask us in person, or via phone or email.

Name: _____

Optometrist: _____

Signed: _____

Optometrist Signature: _____

Date: _____

Date: _____