

Patient Instructions/Information for Intense Pulsed Light (IPL) Therapy

A full IPL treatment includes 4 sessions, 2-4 weeks apart. Some patients may require 5 sessions to obtain optimal results. No follow-ups are needed between sessions. A maintenance session, 6-12 months after the last IPL treatment may be required. We will schedule a 6 week follow up after the last IPL session, to determine necessity of further treatments.

1. Please fill out the Skin Type Questionnaire
2. Please avoid direct exposure to the sun or artificial tanning during 3-4 weeks prior to treatment as well as 3-4 weeks after treatment
3. Do not clean the skin the day of your treatment
4. Remove residual makeup and clean the skin the night before your treatment
5. Stop using retinoid cream at least 1 week prior to your treatment
6. Eye shields will be used during the treatment for safety purposes
7. A gel will be applied to the area that will be receiving the treatment (the area below the lower eyelid). *For patients with dark under eyelids, treatment will be applied below the orbital rim
8. Treatment will be applied in 2 waves, you may experience a tapping sensation that is mildly uncomfortable
9. After treatment with the IPL is complete, the doctor will apply pressure to your lids to express meibum (oil) from the glands. Patients can experience some discomfort with this pressure.
10. Patients are advised to use Sunblock for at least 1 month after treatment. A product that contains zinc oxide is recommended.
11. Avoid sun exposure as much as possible, especially during the first 48hrs after treatment. **Tanning after treatment sessions may enhance melanin regeneration, which may result in unwanted hyperpigmentation.**
12. Makeup can be applied after treatment, but please discontinue if you notice any dryness or irregularity of the skin in the treated area.
13. Possible adverse events may include: temporary pigmentary changes, flare-up, irritation, pruritus (itching), dryness, burns, prolonged edema or erythema, Herpes simplex virus outbreak, Post Inflammatory Hyperpigmentation (PIH) and scarring. Please thoroughly read and sign the informed consent.
14. Discuss any concerns with your doctor



Informed Consent for M22TM Intense Pulsed Light Therapy (IPL)

North Toronto Eye Care has explained the following information:

Medical condition or pathology:

Inflammation plays a key role in dry eye. It is associated with meibomian gland dysfunction (MGD), ocular rosacea, and/or blepharitis (inflammation of the eyelids).

Why it works:

IPL Therapy involves the use of pulses of light energy that is applied around the eyes to help:

- 1) Liquefy the clogged oils in the meibomian glands
- 2) Coagulate telangiectatic vessels (tiny, abnormal blood vessels that release inflammatory factors) on the eyelid margin
- 3) Reduce the amount of bacteria and mites that can overgrow when we have eyelid inflammation

Depending on the severity of your condition, some patients may not feel or see much difference after the full treatment, while others may find symptom relief after 1 to 2 treatments. Your doctor at North Toronto Eye Care will evaluate objectively how your meibomian glands are functioning at your follow up exams.

Procedure:

This procedure lasts about 5-10 minutes. The technician will place adhesive eye shields to keep your eyes closed during the procedure, and then a thin layer of gel that is applied to your skin. Then, the handheld IPL device will be applied on your skin section by section, as it releases pulses of light. Most people typically require 3 to 4 treatments spaced about 2-3 weeks apart to help optimize the eyelids.

Risks:

During this procedure, you may experience the following:

- Some people may find it painless, while others may feel a sensation similar to an elastic band snapping against their skin. This depends on the condition and the sensitivity of my skin. After IPL, you may find your skin may feel tender, similar to a mild “sun-burn” sensation. You can apply cooling or soothing creams for relief.
- Redness and mild swelling for a few days
- Pigment changes (either lighter or darker) to the treated area may occur
- Bruising or blistering is possible, but very rare. Your risk of bruising may increase if you take aspirin or other blood thinners.

Important pre- and post-treatment care:

Sun exposure or tanning of any sort before and/or after IPL may increase the chance for complications (e.g. a sun burn). A sunblock with a minimum of 30 SPF is required after each treatment.

- **Treatment options:**

Continue with topical lubricants (drops, gels, etc), lid hygiene, and warm compresses.

- **Prognosis and possible risks if I do not have this procedure:**

Dry eye and MGD are chronic and progressive conditions. If you choose not to have this procedure, your condition may continue to worsen. As it worsens, the benefits of the treatment may be limited.

Consent for treatment

- _____ I have read this form or it was read to me
- _____ I have filled out the medical and skin history questionnaire to the best of my ability
- _____ I understand the benefits and possible risks
- _____ 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 required
- _____ I understand my other options and what would happen if I have no treatment
- _____ I was able to ask questions and they have been answered to my satisfaction
- _____ I elect to have this procedure done and authorize the qualified staff at North Toronto Eye Care to perform the procedure
- _____ I understand this service is non-refundable

Signature of patient or Substitute Decision Maker

Relationship to patient

Date

Signature of Staff Member

SKIN AND MEDICAL HISTORY QUESTIONNAIRE

SKIN HISTORY:

Which skin type best describes you?

I	Always burns, never tans	
II	Always burns, sometimes tans	
III	Sometimes burns, always tans	
IV	Rarely burns, always tans	
V	Brown, moderately pigmented skin	
VI	Black Skin	

Do you have any skin conditions/diseases/lesions? (e.g. dermatitis, skin cancer, etc.)
If yes, please describe: _____

Yes ☐ No ☐

Are you using self-tanners or taken tan enhancer capsules within the past 3-4 weeks

Yes ☐ No ☐

Are you tanning your skin either through natural or artificial sun exposure in the past 3-4 weeks

Yes ☐ No ☐

Do you have any tattoos and/or pigmented lesions in the treatment area that should be protected during IPL?

Yes ☐ No ☐

Have you had previous skin procedures in the treatment area (e.g. Botox, fillers, peels, etc)

Yes ☐ No ☐

Do you have hyperpigmentation (darkening of the skin) or hypopigmentation (lightening of the skin) or marks after physical trauma (e.g. scarring)?

Yes ☐ No ☐

MEDICAL HISTORY: *Do you have any of the following conditions?*

Seizure disorder

Yes ☐ No ☐

Pregnant or possibility of pregnancy, postpartum or nursing

Yes ☐ No ☐

Active cold sores or herpes simplex virus

Yes ☐ No ☐

Active cancer (currently on chemotherapy or radiation)

Yes ☐ No ☐

Medical history of Koebnerizing isomorphic diseases (vitiligo, psoriasis)

Yes ☐ No ☐

Hormonal or endocrine disorders (PCOS or uncontrolled diabetes)

Yes ☐ No ☐

Blood clotting abnormalities

Yes ☐ No ☐

Any **other health conditions**? Please list:

Any **allergies**? Please list:

MEDICATION: *Are you currently taking any of these medications?*

Aspirin or anti-coagulants (blood thinners)

Yes ☐ No ☐

Isotretinoin (e.g. Accutane) within the past year

Yes ☐ No ☐

Photosensitive herbal preparations (e.g. St John's Wort, Ginkgo Biloba) or essential oils

Yes ☐ No ☐

Tetracyclines (e.g. doxycycline, minocycline) in the past 3 months

Yes ☐ No ☐

Skin typing assessment quiz

One of the most important factors in deciding which Laser/IPL™ (and settings) to use is the patient skin type. Skin typing is determined by genetics, reaction of the skin to sun exposure and tanning habits. The following skin type quiz¹ is intended **as a sample only** to provide additional help in the evaluation of an individual skin type. *Skin typing of the area to be treated* is to be assessed. Lumenis takes no liability on that document and its content is not intended to be a substitute for professional medical diagnosis.

Genetic predisposition						Report Score ↓
Score →	0	1	2	3	4	
What is the colour of your eyes?	Light blue, grey, green	Blue, grey or green	Blue	Dark brown	Brownish black
What is the natural colour of your hair?	Sandy red	Blond	Chestnut, dark blond	Dark brown	Black
What is the colour of your skin (non-exposed areas)?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
Do you have freckles on non-exposed areas?	Many	Several	Few	Incidental	None

Total score for genetic predisposition:

Reaction to sun exposure						Report Score ↓
Score →	0	1	2	3	4	
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
To what degree do you turn brown?	Hardly or not at all	Light colour tan	Reasonable tan	Tan very easy	Turn dark brown quickly
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for reaction to sun exposure:

Tanning habits						Report Score ↓
Score →	0	1	2	3	4	
When did you last expose your body to sun (or artificial sunlamp/self-tanning cream)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Total score for tanning habits:

Add up the total scores for each of the three sections for your Skin Type Score:

¹ Quiz adapted from the Radiation protection (tanning units) amendment regulation by the Australian Government Health Directorate and the American Skin Cancer Foundation

↓ Skin Type Score	Skin Type	Features
0-7	I	Caucasian / freckles Always burns and never tans (pale white skin)
8-16	II	Caucasian / freckles Burns easily and tans minimally (white skin)
17-25	III	Darker Caucasian Burns moderately and tans gradually (light brown skin)
25-30	IV	Mediterranean, Asian, Hispanic Burns minimally and always tans well (moderate brown skin)
Over 30	V	Middle Eastern, Latin, light-skinned black, Indian Rarely burns and tans profusely (dark brown skin)
	VI	Never burns (deeply pigmented dark brown to black skin)

Report total skin type score:	Quiz skin type:	Diagnosed skin type:
Has a consent form been signed? (pls circle)	Yes / No	Has an additional pre-treatment compliance checklist been completed? (pls circle)	Yes / No		
Assessment conducted by: (pls print name)		Date of assessment: / /	
Name of patient:		Signature of patient: (I attest hereby that I have answered the above to the best of my knowledge)	