



### **What is IPL and Tear Care**

IPL stands for Intense Pulsed Light. It is a light therapy that treats the root cause of dry eye syndrome in appropriate patients.

IPL is not a laser-

A laser focuses just one wavelength of light at your skin, while IPL releases light of many different wavelengths, similar to that of a photo flash.

The light from IPL is more scattered and less focused than a laser. IPL penetrates to the second layer of your skin (dermis) without harming the top layer (epidermis).

Pigment cells in your skin absorb the light energy, which is then converted into heat.

The heat destroys the unwanted inflammatory cells and nerves to allow the meibomian glands to work properly again.

### **How to Prepare for IPL**

Before your IPL procedure, Dr Mandese will examine your skin and let you know what to expect. Let her know if you have any skin conditions that might affect healing after treatment, such as inflammatory acne or eczema.

For 3-4 weeks prior your procedure:

### **You Should Avoid**

\*Direct Sunlight.

\*Tanning Beds

\*Waxing

\*Chemical Peels

\*Collagen Injections

\*NSAIDS or aspirin

\*Creams that contain Vitamin A, RetinA or Glycolic Acid

### **What is Tear Care**

The TearCare system utilizes both wearable and smart technology to deliver targeted thermal energy(heat) to the eyelids while allowing the eyelids to blink naturally in applications such as Meibomian Gland Disease, Dry Eye, or Blepharitis.

### **What is the Cost**

IPL requires 4 or more treatments for OSD (Ocular Surface Disease). We offer a package price for these treatments at \$1995(when paid in full) that includes TearCare. Because IPL and TearCare are considered cosmetic procedures, health insurance plans won't cover the cost.

### **What to expect during the procedure**

Please come to the clinic with clean skin. No makeup ladies! The technician will first cleanse the area that's being treated. Then they rub a cool gel onto your skin. The doctor will then apply light pulses from the IPL device to your skin. During your treatment, you will wear protective eye pads. The pulses might sting your skin. Some people liken the feeling to being snapped with a rubber band.

### **Possible risks**

Some people experience mild redness or swelling after the procedure. This typically fades within a day or two. In some cases, you may experience bruising, blistering or a change in skin color.

### **What to expect afterward**

You should be able to go right back to your regular activities. The treated area of skin will be red and sensitive for a few hours, as if you got sunburned. Your skin may be slightly swollen, too. You may apply makeup immediately after the procedure. Some skin types may be more sensitive for a couple of days after the procedure