



OPTOMETRISTS

Suite 2, 53 Commercial Rd
Teneriffe Q 4005. Ph: (07)3358 6566
orders@markhindsoptometrists.com.au
www.markhindsoptometrist.com.au

Consent for IRPL

Intense Regulated Pulse Light (IRPL) is a well-established dry eye treatment. It works by stimulating the meibomian glands to create a healthier and thicker oil layer for the tears.

The treatment is simple and comfortable. Your eyes are protected and four or five gentle applications of IRPL are applied to each lower eyelid. You will feel a warm flash on the cheeks and lids with each application. This treatment will be followed by gland expression to remove meibomian gland fluid.

The treatment is repeated every 2 weeks to complete a course of 4-6 treatments. Often a “top-up” treatment may be required a few months later. This is an excellent treatment for almost all people with Meibomian Gland Dysfunction (MGD).

Treatment of meibomian gland dysfunction (Dry eye)

The Dry Eye Studio @ Mark Hinds Optometrists uses the E-Eye IRPL system. It is designed specifically for periocular application and it is a medically certified device for the treatment of dry eyes due to MGD.

IRPL targets all aspects of meibomian gland dysfunction by

- Improving meibomian gland function
- Unclogging meibomian glands
- Reducing inflammation
- Improving tear film quality and stability by restoring the lipid (oil) layer of the tear film

The E-Eye differs from conventional IPL in that it delivers multiple homogeneously sculpted light pulses in the spectral range of 580 to 1200 nm. The flash associated with IRPL® technology is regulated and divided into sub-pulses, with each sub-pulse managed separately with different durations and light intensities. Due to its new lamp technology, IRPL® makes it possible to achieve neurological stimulation. The E-Eye IRPL®’s patented air-cooling system allows more infrared light to be used compared with conventional IPL technologies, making it more effective at improving the function of the meibomian glands.



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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 IRPL settings according to the skin type and the condition to treat.

Before the treatment begins, both eyes are protected with goggles or disposable eye patches, and a layer of transparent gel is applied to the treatment area. The treatment area includes the skin of the cheeks, the sides of the nose, and below the lower eyelids. The IRPL is delivered with a handpiece held by the physician.

Before the actual treatment, the physician performs a “test spot” to assess the skin reaction to a single IRPL pulse applied in an inconspicuous area of the face (for example, below the temple). Treatments begin if the skin reaction is acceptable and if the discomfort or pain is tolerable.

The entire IPL treatment session should take, at most, a few minutes. For optimal results, 4 - 6 treatment sessions at 2 - 4 weeks intervals are the recommended protocol. Depending on the severity of the MGD, a 3 - 6 monthly “top-up” treatment of a single session may be appropriate.

During treatment, a brief sensation close to a thin 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. More commonly, there is a brief, warm sensation with the energy delivery to the treatment area.

Side effects and complications include but are not limited to:

1. Mild sunburn feeling, including reddening or skin swelling, 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 discolouration 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 times during the treatment.



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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, use of Vitamin A or Retinol, 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 (note: occlusion patches may be applied to moles and tattoos to direct avoid energy absorption to the pigment). Please advise staff if any of the above apply to you.

Final precautions following IPL treatment:

There is no downtime following treatment & you should expect to resume normal activities immediately.

For the 24 hours following treatment, please avoid:

- Strenuous exercise
- Consumption of alcohol
- Scrubbing, rubbing, shaving or waxing the treatment area.

For the first 48 hours:

- Wear sunscreen (SPF 30-50) - do not wear sunscreen to appointments.

It is also recommended to avoid the following for 2 weeks:

- Direct exposure to sun or UV light
- Extended exposure to excessive heat or freezing conditions.



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Pricing and Schedule

Category 1 \$275 per visit

VISIT	DETAILS	DATE
Per Visit	Heat mask and massage Gland expression IRPL 20% off over the counter products at the appointment	

Recommend IRPL with Consultation/Review to determine timing of next IRPL

Notes



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Consent Form

Declaration by the participant

- ☐ 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 sunburn feeling a few hours after the treatment.
- ☐ I understand that there is a possibility that I will not benefit from this treatment.

My signature certifies that I have duly read and understood the content of this consent form, gave accurate information as to my health condition, and authorises a clinician to perform Intense Pulsed Light therapy as he/she deems necessary.

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Name of patient (please print)

Signature of patient

Date

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Name of witness (please print)

Signature of witness

Date