

Lifetime Optometric
Optilight Pre-Treatment and Post-Treatment Instructions
(559) 432-2200

OPTILIGHT PRE-TREATMENT INSTRUCTIONS

The primary reason for your treatment is the improvement of dry eye signs and symptoms. Optilight 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. 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.

Before arriving for your Optilight appointment, you'll be asked to sign a consent form and fill out questionnaires that we will give you ahead of time.

Pretreatment Patient Education: Patients should be aware of the following prior to performing the Optilight 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 formation.
- You may start to notice improvement with your Dry Eyes after 2 to 3 Optilight treatments but for optimal results, it is advised to do 4 consecutive sessions separated by 2-4 weeks.
- Maintenance dry eye treatment will be reviewed with each patient individually.

Pretreatment Instructions:

- Do not take isotretinoin (Accutane) for 1 month before treatment.
- During the 2 weeks prior to your appointment: Avoid taking tetracyclines and topical retinoids (acne creams, lotions, gels, foams).
- Avoid excessive sun exposure (30 minutes or more of direct sunlight). Use sunblock with minimum SPF 30.
- 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 completely at our office.
- If you have a history of cold sores or develop cold sores before your treatment, take your prescribed medications (Valtrex, Famvir, Zovirax) on the day before, day of and the day after treatment. **LET THE OFFICE KNOW PRIOR TO ARRIVAL.**
- Before each Optilight session, inform the office if you are taking any new medications including new antibiotics or medications because some medications may increase photosensitivity.
- Inform our staff before each appointment if you are
 - 1) taking new medications or
 - 2) have tattoos or beauty marks you do not want to be altered.
- Inform the doctor and staff immediately if the area being treated feels "too hot".

OPTILIGHT POST-TREATMENT INSTRUCTIONS

Immediately after treatment patients may notice slight redness on their eyes, eyelids, and face. It may feel similar to a mild sunburn sensation. This is normal and may last anywhere from several hours to three days. Patients will be given individualized eye and eyelid regimens to improve outcomes and minimize any unintended discomfort. Dryness and grittiness may be worse within the first 1-3 treatments and especially within the first couple of days of treatment due to evacuation of diseased oil.

- **SUNSCREEN IS MANDATORY.** Apply sunscreen every day (30 SPF or greater). We recommend Epionce Ultra Shield SPF 50. Avoid excessive heat or friction to the treated area (heavy exercise, saunas, swimming, sports) for at least 24 hours after treatment. Protecting the skin from the sun will prevent unwanted hyperpigmentation.
- If desired, you may use makeup on the treated area as long as the skin is not irritated. If you don't need makeup after treatment, please wait until the next day.
- Sun spots and age spots will **DARKEN** with the treatments **BEFORE** they begin to respond and resolve. This is expected and a normal part of the process. Do not pick these spots once they become dry. They will lift and fall off on their own. Deeper pigment darkens, and then slowly fades as the body absorbs the remnants of damaged pigment.
- Avoid hot baths and showers, saunas, and hot tubs for 2-4 days. Rosacea patients should avoid triggers like alcohol, caffeine, and spicy foods.
- In caring for the treated area, use only gentle cleansers and lotions until healing is complete. We recommend Epionce Medical Barrier Cream moisturizer. Avoid harsh cleaners and scrubs.
- Avoid perfumes and products with alcohol or acid. Avoid Retin-A, retinol or any retinoids, alpha or beta hydroxy products, benzoyl peroxide, glycolic/salicylic acids, astringents, scrubs, exfoliate, or chemical peels for 1 week after treatment.
- If the treated area is red and irritated you may apply an ice pack or cold compress at 10-minute intervals multiple times during the first 1-2 days.
- If crusting occurs, an antibiotic ointment or Vaseline should be applied twice daily to keep the area moist. The crust should be allowed to fall off naturally. **DO NOT PICK** to prevent scarring.
- You can bathe as usual after treatment. The treated area should not be rubbed with a face cloth or towel, it should be gently patted dry. Moisturizer may be applied frequently if your skin feels dry or is crusting.
- If the area blisters or appears infected, please contact our practice. An antibiotic ointment should be applied twice daily to prevent infection. Treat the area with extreme care. Do not pick the blister because a scar may form.
- Text or call (559) 432-2200 if any additional problems, questions, or concerns arise.

We look forward to your feedback on this revolutionary dry eye treatment!