

Danville Optometric Eye Clinic
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Post Op Treatments for Intense Pulse Light (IPL) and Radio Frequency (RF)

IPL involves the application of varying wavelengths of light to treat ocular conditions around the eyelids and its surrounding tissue. IPL is the only way to kill bacterial and demodex around the eyelid margins. Based on the medical diagnosis, it is critical to utilize the correct post operative care steps to assure maximum efficacy of the procedure.

Step 1: Application of heat through the use of a specific medical grade heating pad. A constant temperature must be maintained for a minimum of 15 minutes. Please insert the hot compresses into the microwave for approximately 20 seconds (+/- based on the wattage of the unit). Apply the mask to both eyes for 5 minutes. Then reheat for another 10 seconds and reapply. Then repeat again for 15 minutes total time. This constant heat keeps the gland orifices open and allows the meibum (oil) to exit properly. Off label use of heated towel is not advised due to lack of sterile application (water is not sterile) and lack of constant heat. In addition, electrical application of heat has not been tested nor advised due to electrical current that may cause adverse skin reactions.

Step 2: Sterile lid wipes and sometimes tea tree wipes are utilized as a bacterial static procedure to maintain bacterial symbiosis. Please open a sterile lid wipe and fold and use the corner of the pad to brush along the upper eyelash margin. Do not rub the skin. Concentrate on the base of the lashes and rub back and forth 10-15 times. Invert the same pad and then fold and use the corner and repeat along the lower eyelid eyelash base. Use a separate pad for each eye. Failure to do this will spread the bacteria and reduce the efficacy of the IPL or RF procedure.

If IPL only, then you can start the post op treatment the same day.

If RF is done, then you can use the lid wipes, but you must wait 24 hours to apply the heat.

These two post operative procedures must be done during the entire period of treatment. Failure to adhere to these post operative procedures may prolong treatment, require additional procedures, and reduce the efficacy of the procedures.

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