

Intense Pulsed Light (IPL) for the Optometric Physician

Intense Pulsed Light or (IPL) is technology that has been utilized for years in the dermatological space. The role IPL plays in eye care opens a whole new realm of possibilities in how to treat patients that suffer with MGD, dry eye disease and opens new doors to treat achieve aesthetic results.

Objectives

1. Learn how IPL technology works
2. Learn Patient types that could benefit from treatment
3. Learn How to Harness this Powerful technology
4. Review case studies

Introduction & Overview of Learning outcomes

- Background
 - MGD
 - Incidence
 - Age-related
 - Children and young adults
 - Causes
 - Contact Lens Wear
 - Diet
 - Screen Time
 - Age related
 - Cosmetics
 - Glaucoma medications
 - Acne rosacea
 - Ocular rosacea
 - How to Identify
 - Retroillumination
 - Meibography
 - MGD Evaluator
 - Grading Scale
 - Gland Dropout
 - Gland Shortening
 - Gland Distortion
 - Treatment
 - Diet modification
 - Omega-3 supplementation
 - At home heat therapy
 - Topical immunomodulator

- Removing scale and debris
- Neurostimulation
- IPL
- In office heat expression
- DED
- Blepharitis
 - Anterior
 - Staph
 - Serborrhea
 - Demodex
- Cutaneous Rosacea
 - Incidence
 - Prevalence
- Ocular Rosacea
 - Incidence
 - Prevalence
- Role of IPL

1. How the technology works
 - a. Lasers vs IPL
 - i. Monochromatic vs polychromatic
 - ii. Wavelength
 - b. Target tissues
 - c. Clinical Endpoints
2. Patient Selection
 - a. Fitzpatrick scale
 - b. Indications
3. Parameters Overview
 - a. Cut-off filter wavelength
 - b. Fluence (in J/cm²)
 - c. Pulse Parameters
 - i. Number of sub-pulses
 - ii. Sub-pulse durations
 - iii. Sub-pulse delays
4. Treatment Protocol
 - a. Pre-treatment Discussions
 - b. Full Treatment Plan
 - c. Settings
 - d. Patient Preparation
 - e. Treating the Patient
 - i. Treatment Area
 - ii. Test Spot
 - iii. Full Treatment

- f. Post Procedure Care
 - g. Potential Adverse Effects
- 5. Case Studies
 - a. Before and After
 - i. Acne Rosacea Patient 1
 - ii. Acne Rosacea Patient 2
 - iii. Telangiectasia Patient 1
 - iv. Telangiectasia Patient 2
 - v. Hordeolum and Chalazia Patient
- 6. Complications
- 7. Q & A Session