



BLUE LIGHT MASK in MGD with Demodocosis - own experience.

PO-861

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Purpose: The aim of this study was to investigate the effect of Blue Light Mask in Meibomian Gland Dysfunction (MGD) with Demodocosis.

Material: 30 adult patients (60 eyes) with MGD and active demodocosis: 18 Female, 12 Male; 19-67 years old, average age 48.2.

Methods: All patients with diagnosed MGD with Demodocosis were examined before and after treatment using Ocular Surface Disease Index (OSDI), slit-lamp assessment included MG scaling and extraction, Ocular Surface Analyzer (OSA) with NBUT and meibography.

Including criteria: standardized MGD and Demodocosis clinical symptoms and microscopic eyelash evaluation.

Treatment protocol: Intense pulsed light (IPL) and low-level light therapy (LLLT) as well as BLUE mask - in accordance with manufacture advice - 4 times every 14-21 days. All patients were prescribed with eyelid margin hygiene 2 times daily and hyaluronic based artificial tears without preservative 4 times daily.

Results: After the cycle of treatment we marked a 28.2% decrease in the OSDI score more than 20pt, 48.1% decrease by 10-20pt, 23.7% by 0-10pt. 96% resulted in improvements in the clinical examination. Results of eyelid margin assessment were lowered by 69.6%, values NIBUT from first and average measurements increased more than 5 sec by 25.3% and 27.1%, 0-5 sec by 51.4% and 52.2, without changes and decreased by 23.3% and 20.7%, respectively. Meibography increased by 78.1%, without changes in 28.1%, decreased by 3.8%. Standardized Demodocosis clinical symptoms and microscopic eyelash evaluation improvement were observed in 68.9%.

Conclusion: Our analysis showed that Blue Light Mask is an effective supportive method for Ocular Surface Diseases with Demodocosis.

Dry Eye Disease and MGD treatment are critical for successful Demodocosis procedure.

Blue Light Mask Demodocosis therapy, especially compared with eyelid margin daily routine hygiene combined with intense pulsed light (IPL) and low-level light therapy (LLLT) will increase positive results of the treatment.

Effective interaction between the tear film and lubricants together with lid hygiene and MGD and Demodocosis treatment is essential for ocular surface health.

For references, further practical information and statistical clarification, please contact ambroziak.ann@gmail.com



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N° visits: 18