Fitzpatrick skin scale level 4. In darker skin types, IPL may cause pigment changes due to the increased melanin found in the skin.

David R. Hardten, MD, is OSN Cornea/External Disease Section Editor. Disclosure: Hardten reports no relevant financial disclosures.
IPL can only be performed on the lower lids. The eyes are covered with a special adhesive oval eye pad that has a pitch-black lining to protect the eyes from the bright light of the IPL. The treatment is performed from tragus to tragus following the contour of the lower lids. Although the treatment to both lower lids helps the upper lid meibomian glands, ideally, it would be helpful if a mechanism existed to also treat the upper lids.

IPL is performed in a four-part mini-series with each treatment approximately 1 month apart from the previous treatment date. Even though the spreading of the four sessions helps patients with their payment obligations, it also creates the necessity for four separate office visits. After the completion of the series, an individualized treatment plan is designed depending on the severity of MGD. On average, most patients require one solitary treatment every 6 months for maintenance.

Despite these inconveniences, I recommend IPL for my patients who continue to be symptomatic even though they are using a multitude of concurrent treatments for MGD. I have found these patients to benefit from the combined photo treatment and the subsequent mechanical expression of their impacted meibum.

_Cynthia Matossian, MD_, is an OSN Cataract Surgery Board Member. Disclosure: Matossian reports no relevant financial disclosures.