

Thermal Pulsation Therapy

This *Health Facts for You* will go over thermal pulsation therapy as an option to treat meibomian gland dysfunction (MGD).

Meibomian Gland Dysfunction (MGD)

MGD is when the meibomian glands in the eye are blocked. The meibomian glands in the eyelids secrete an oil over the surface of the eye to keep your eyes moist and protected. MGD is chronic and can worsen over time if left untreated.

Symptoms

Blocked meibomian glands can cause:

- Dry eyes
- Burning/gritty sensation
- Blurry vision
- Gland dropout

What to Expect

Your eye doctor will perform a detailed eye exam. They will look at how well your meibomian glands are working.

Treatment

For patients with MGD, your eye doctor may recommend more conservative treatment. Options can include:

- Warm compresses
- Eyelid scrubs
- Lubricating eye drops

Thermal Pulsation Therapy

Your doctor may recommend thermal pulsation therapy to treat your MGD. This is a non-invasive procedure. A close-up image of your meibomian glands is taken before the procedure. This image provides a baseline view of the glands.

The therapy takes about 12 minutes. A numbing drop will be placed in your eye(s). Then, heat and gentle pressure is used to unblock your meibomian glands.

It may take 6-8 weeks before you notice any improvements. Though results may vary, benefits from this therapy can last up to 12 months.

After Treatment

You may have irritation or inflammation of the eyes after treatment. Other side effects from thermal pulsation therapy include:

- Burning
- Stinging
- Discharge
- Redness
- Foreign body sensation in the eye(s)
- Itching
- Sensitivity to light
- Tearing

When to Call

Call if you have any questions after therapy.

Who to Call

UW Health Ophthalmology

Monday – Friday

8 00 am – 4:30 pm

(608) 263-7171

After hours, this number will give you the paging operator. Ask for the eye resident on call and leave your name and number with area code. The doctor will call you back.

The toll-free number is: **1-800-323-8942**.