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A case of lid margin hemorrhage following intense pulsed light therapy and meibomian gland expression

Abstract:

This case reports lid margin hemorrhage in a 51-year-old woman with chronic meibomian gland dysfunction (MGD) and pre-existing telangiectasia following a series of Intense Pulsed Light (IPL) treatments and meibomian gland expression (MGE). Over eight IPL sessions, combined with MGE using a stainless steel meibomian gland expressor, improvements were noted in gland secretions and tear break-up time (tBUT). However, after the final session, the patient experienced lid marginal hemorrhage, which resolved spontaneously. Although there were no systemic coagulation issues or anticoagulant use, the hemorrhage likely resulted from mechanical stress during gland expression and IPL's impact on fragile vessels. While ocular surface health improved, clinicians should monitor patients closely for such complications, possibly adjusting MGE techniques or frequency to enhance safety.

Biography

Youngchae Yoon graduated from Dongguk University School of Medicine at 25 and completed residency in ophthalmology at Seoul St. Mary's Hospital, Catholic University of Korea. Following that, she pursued a 2-year fellowship in cornea at Catholic University of Korea, where specialization in the field was honed. Currently, she practices as a cornea specialist at Kim's Eye Hospital. She has published more than 8 papers in reputed journals contributing to advancements in eye care.