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## Ocular Adnexa and Eyelids-Optometry's Next Frontier

The eyelids are responsible for the continued health of the ocular surface and are uniquely positioned and built to do so. The eyelids are affected differently than any other skin found on the body by numerous disease and aging processes. From lumps and bumps to rhytids and drooping this course will talk about the what, why, and most importantly how we as optometric physicians can help our patient's eyelids and the challenging periorbital aging anatomy.

### Objectives:

- Understand and review periocular anatomy and how it is affected by the midface.
- Discuss the anatomy of the eyelids and periorbital skin
- Review and explore causes of periorbital abnormalities
- Learn techniques to treat periorbital abnormalities
- Walk through step by step how to assess the eyelids for best health

1. Review Facial Anatomy and how it all works together
2. What's unique about the skin around the eyelids?
  - a. Skin Fundamentals
  - b. Intrinsic and Extrinsic Aging
  - c. Wrinkle Generators
    - i. Sun Exposure
    - ii. Smoking
    - iii. Excessive Alcohol
    - iv. Poor Nutrition
  - d. Topicals
    - i. Vitamin C-10, 15, 20%
    - ii. Vitamin E
    - iii. Ferulic Acid
    - iv. Phloretin
  - e. Building Collagen
  - f. Cosmeceuticals
  - g. Skin Diet
    - i. Alpha Lipoic Acid-40 mg/day
    - ii. Omega-3 Fatty Acids

- iii. ALA (alpha-linolenic acid)-flax seed
- iv. EPA (eicosapenaenoic acid)fish oil
- v. DHA (docosahexaenoic acid)fish oil
- vi. Vitamin C (L-Ascorbic acid) 1000 mg/day
- vii. Citrus fruits and berries
- viii. Vitamin E 300 IU/day
- ix. Almonds, sunflower seeds, avocado, spinach, sweet potato, and wheat germ oil
- x. Vitamin B5 (Pantothenic Acid) 50-100 mg/day
- xi. Chicken liver, sunflower seeds, egg yolk, broccoli, fish, and pomegranate
- xii. Polyphenols-shown to synergistically enhance SPF when used with sunscreen
- xiii. Green Tea, berries, red wine, olives, chocolate, grape skins and seeds, and walnuts

3. What can go wrong

a. Eyelid Health

i. Bacteria and Bugs

- 1. Blepharitis
- 2. Ocular Eyelid Hygiene

b. Lids Lumps and Bumps

i. Benign Lid Lesions

- 1. Chalazion
- 2. Skin tag/papilloma
- 3. Verrucae
- 4. Seborrheic Keratosis
- 5. Cyst of Moll & Zeiss
- 6. Sebaceous Cyst
- 7. Freckle/nevus

c. Precursors To Cancer

- i. Actinic Keratosis
- ii. Keratoacanthoma

d. Cancer

- i. Basal Cell Carcinoma
- ii. Squamous Cell Carcinoma
- iii. Malignant Melanoma
- iv. Sebaceous Gland Carcinoma

e. Rhytids

f. Laxity

g. Aponeurosis

4. Brows

5. Lashes

6. Patient Perceptions

7. Anatomy

- a. Elevators
  - b. Frontalis
  - c. Depressors
    - i. Procerus
    - ii. Corrugators
    - iii. Orbicularis Oculi
  - d. Review mechanism of action and how to paralyze each muscle group to achieve desired result
8. Neurotoxin
- a. Botox, Dysport, Xeomin
    - i. Reconstitution
    - ii. Tips for injection
  - b. Paralyzes the muscles
    - i. How long
    - ii. Ideal units
  - c. Beauty is symmetry
    - i. Desired result examples
    - ii. Before and After examples
  - d. Enhancing Beauty
    - i. Correct terminology
    - ii. What to say to patients
    - iii. How to discuss the possibilities with patients
  - e. Treatment of dynamic vs static wrinkles
    - i. Examples of the different types
  - f. On label uses
    - i. Frontalis
    - ii. Glabella
    - iii. Lateral Canthus Rhytids
  - g. Off label uses
    - i. Superficial micro dilution for skin tightening
9. Dermal
- a. Mechanism of action
  - b. Static wrinkles
    - i. Tear Trough
    - ii. Cheek enhancement to prevent ectropian
  - c. Different types
    - i. Hyaluronic Acid
    - ii. Poly-L-lactic acid
    - iii. Calcium Hydroxylapatite
  - d. Examples with before and after
  - e. What to avoid
  - f. How to correct with Hyaluronidases
10. Laser Cosmetic Procedures
- a. IPL-Not a laser-light based therapy
    - i. Dry Eye Disease and MGD
    - ii. Photofacial

- iii. Acne Rosacea
    - iv. Pigment
  - b. Ablative Lasers (2940nm, CO2)
  - c. Non-ablative Lasers (1540nm erbium, 1450 nm diode, 1320 Nd:YAG)
  - d. RadioFrequency
    - i. Surgical handpieces
    - ii. Skin tightening handpieces
- 11. Surgical Oculoplastic Procedures and Co-Management
  - a. Ptosis Repair
    - i. Levator repair
    - ii. Mueller's repair
    - iii. Phenylephrine Test
  - b. Dermatochalasis
    - i. Blepharoplasty
      - 1. MRD-1
      - 2. VF results
    - ii. Upper
    - iii. Lower
  - c. Ectropian
    - i. Lateral Strip Tarsorrhaphy
  - d. Entropion
  - e. Brow Lift
  - f. BrowPexy
- 12. Marketing
  - a. Internal
  - b. External
  - c. Digital
  - d. Professional
- 13. Education in the lane
  - a. Look. Ask.- Ask.Look.
  - b. Talk to your patients!!
  - c. Offer education
  - d. Offer solutions