

## Intense pulsed light and low-level light therapy for treating meibomian gland dysfunction and evaporative dry eye

Dear Editor,

We have read with great interest the research by D'Souza *et al.*<sup>[1]</sup> recently published in the Indian Journal of Ophthalmology. While the study design and methodology are commendable, there are some aspects that warrant consideration for further improvement. Firstly, the study utilized a prospective, longitudinal, randomized, double-blinded design, which is crucial for minimizing biases and ensuring the validity of the results. However, it would be beneficial for future studies to include a detailed explanation of the randomization procedure and the methods used to ensure blinding.<sup>[2]</sup> Transparent reporting of these aspects enhances the reproducibility of the study and allows readers to assess the robustness of the blinding methods employed.

Additionally, the inclusion and exclusion criteria play a crucial role in determining the generalizability of the study findings. While the study by D'Souza *et al.*<sup>[1]</sup> provided clear inclusion and exclusion criteria, there may be room for improvement. For example, considering the impact of contact lens usage on dry eye symptoms, it may be advisable to include a longer washout period for contact lens wear before study enrollment.<sup>[3]</sup>

In terms of the treatment protocol, D'Souza *et al.*<sup>[1]</sup> followed manufacturer recommendations and safety guidelines while administering intense pulsed light and low laser light therapy. However, the specific parameters used, such as energy levels and treatment duration, could benefit from further explanation.<sup>[4]</sup> Providing detailed information about the rationale behind these parameters would help readers understand the treatment approach and potentially facilitate replication in future studies.<sup>[5]</sup>

In conclusion, the study by D'Souza *et al.*<sup>[1]</sup> presents a valuable contribution to the field of alternative treatments for meibomian gland dysfunction and evaporative dry eye. By addressing the aforementioned points and further refining the methodology, future studies can strengthen the scientific content and improve the clinical relevance of their findings.

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Nil.

### Conflicts of interest

There are no conflicts of interest.

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