

## **Hands-On Workshop: In-Office Surgical Procedures**

Jeff Anastasio, O.D.

Michelle Welch, O.D.

2 hours

### **Course Description:**

This two-hour hands-on workshop will allow attendees to gain experience with procedures performed in the primary care optometric office. Injection techniques, ocular irrigation technique, radiofrequency surgical techniques and corneal foreign body removal will be demonstrated and performed.

### **Learning Objectives:**

- 1) The attendee will gain skills required to prepare the surgical site
- 2) The attendee will gain the skills required to prepare medications for injection
- 3) The attendee will demonstrate skills of radiofrequency excision of benign neoplasms of the eyelid and adnexa
- 4) The attendee will observe and perform ocular irrigation which can be indicated in cases of foreign body, chemical incident or ocular allergy
- 5) The attendee will gain knowledge of various techniques for corneal foreign body removal
- 6) The attendee will use various hand held devices and discuss their indications and contraindications for corneal foreign body removal

### **Course Outline:**

- Introduction to workshop techniques speaker presentation
  - Aseptic technique overview
    - Personal Protective Equipment (PPE) and its use
    - Instrument Cleaning vs Sterilization

- OSHA requirements
  - Exposure control plan
  - Training
  - Post exposure plan
- Injection technique overview
  - Types of injections
  - Needle insertion angle for each
  - Basic needle characteristics
- Radiofrequency Overview
  - What is radiofrequency
  - Comparison to scalpel/scissors
  - Comparison to electrocautery
- Corneal foreign body removal overview
  - Indications
  - Contraindications
  - Equipment/medications
  - Post procedure follow up and medications
- Ocular irrigation overview
  - Devices
  - Indications
  - Contraindications
- Wound care overview
  - Moist healing
  - Suture removal timeline (if present)
  - Keep out of direct sun/use sunscreen
  - Follow up timeline
- Hands on Workshop – **each attendee will rotate through the stations at 25-minute intervals**

- Radiofrequency Excision
  - Advantages of radiofrequency
    - Easy to learn
    - Nearly bloodless
    - Minimal post op pain
    - Rapid healing
    - Fine control with variety of probes
    - No muscle contractions as with electrocautery
  - Contraindications
    - Melanoma
    - Pacemaker
    - Flammable liquids
  - Lateral Heat principles
    - Cut waveform
    - Blended waveform
    - Coagulation waveform
  - Procedure techniques
    - Keep area moist
    - Feathering technique
    - Probes and their uses
    - Radiowave options and when to use each
- Radiofrequency Trichiasis treatment
  - Compare to forceps epilation
  - Treatment technique
    - Waveform setting
    - Appropriate probe type
    - +/- anesthetic injection
- Injection Techniques
  - Review of needles and picking correct size

- Loading syringe
- Subcutaneous techniques
  - For Botox
    - Needle size
    - Injection approach angle
  - For lesion excision
    - Needle size
    - Injection approach angle
  - For repair of entropion by suture
    - Needle size
    - Injection approach angle
- Intramuscular technique
  - Needle size
  - Injection approach angle
- Corneal Foreign Body Removal
  - Indications/Contraindications
  - Rust ring removal with alger brush
  - Foreign Body Removal devices
    - Spud
    - Needle
    - Forceps
  - Post removal treatment options
    - Bandage contact lens +/-
    - Antibiotic +/-
    - NSAID +/-
    - Cycloplegic +/-
    - Follow up timeline
- Ocular irrigation
  - Indications

- Numerous and/or small superficial foreign bodies
  - Chemical exposure
  - Chronic Ocular allergy/OSD
- Contraindications
- Devices
  - Morgan Lens®
  - Rinsada® irrigating lid retractor
- Irrigation Technique
  - Topical anesthetic +/-
  - Timing
- Post irrigation treatment options
- Questions and Answers