

What to expect after a LipiFlow treatment

It is normal for your eyes to feel moist and comfortable following a LipiFlow treatment. It is due to expressed oils (aka meibum) from the blocked meibomian glands along the lid margin.

Some patients may notice increased dryness 2 – 3 hours after the treatment. This is completely normal.

Normally, oils on the surface of the eyes are drained and replaced with additional oil from the glands between normal blinks. After the LipiFlow treatment, meibomian glands are completely empty of oils and it takes 6 – 8 hours for the glands to start secreting again.

Use recommended artificial tear drops such for the first 24 hours until the meibomian glands resume their normal secretion. Recommendation:

- continue use of tear drops for the first 2-3 weeks after the procedure. You can never use too many drops!

In addition, doctor has recommended following supportive regiment for your dry eye recovery:

- Hot compresses. 5-10 minutes twice per day.
- Lid scrubs – They are helpful in getting rid of dirt and debris which can collect on the eyelashes and block meibomian gland openings. This is particularly helpful if you tend to wear makeup on regular bases. Lid scrubs should be done 2x day .
- Omega based oral nutritional supplements 1000-2000 mg by mouth with water per day.

6-8 weeks after your lipiflow procedure you will need to come in for a medical visit with your doctor to check progress and go over things you can do to prolong the results of your procedure. This is a good time to ask any more questions that you may have.