



Eye Associates Northwest, PC

LipiFlow: Post-treatment Instructions

Congratulations on your just completed LipiFlow treatment!

Today, you may experience mild eye redness, irritation, or discomfort. These symptoms may persist for one to three days. In the unlikely event that discomfort worsens or becomes painful, please contact Eye Associates NW at 206-215-2020.

Beginning today, please resume your dry eye treatment program which may include:

1. Hot compresses and massage of the lower and upper eyelids of both eyes: once or twice daily
2. Fish oil supplements: once daily
3. Artificial tear drops or ointment: both eyes, as needed during the day and at bedtime

Please consider the following adjunctive therapeutic measures:

1. Avoid exposure to blowing air from ceiling or floor fans, heaters, or air conditioners
2. Reduce exposure to outdoor blowing wind by using spectacles or sunglasses
3. Use of a home humidifier, especially in the bedroom or family room
4. Use of sleep goggles or mask, especially if you have sleep apnea
5. Blink exercises, if recommended by your treating ophthalmologist

On the day of your follow-up appointment:

1. Do NOT apply hot compresses to either eye
2. Do NOT massage or rub either eye
3. Do NOT place any drops or lubricants in either eye
4. Do NOT apply eye creams, facial creams, or sunscreen to your face
5. You do NOT need a driver for this visit

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