



## U.S. DEPARTMENT OF VETERANS AFFAIRS (VA) MEDICAL CENTER

### Medical Center

601 Highway 6 West, Iowa City, IA 52246-2208

#### Community-Based Outpatient Clinics

2979 Victoria Street, Bettendorf, IA 52722-2784

200 Mercy Drive, Suite 106, Dubuque, IA 52201-7343

387 E. Grove Street, Galesburg, IL 61401-3728

721 Broadway, Quincy, IL 62301-2708

1015 S. Hackett, Waterloo, IA 50701-3500

Coralville Clinic: 520 10<sup>th</sup> Avenue, Suite 200, Coralville, IA 52241-1923

## **LipiFlow: Pre-treatment Instructions**

We are recommending “**LipiFlow**” treatment of your evaporative dry eye syndrome. This is the only FDA-approved treatment for relieving the “root problem”- obstruction of the oil glands in your eyelid.

LipiFlow is NOT a “quick fix” and will not provide a permanent cure of your condition. However, it WILL help relieve the existing oil gland obstruction and evacuate the poor quality oil and associated debris from the glands. This will “reset” the glands to a better level of function, thereby enhancing the effect of your ongoing efforts to maintain good oil gland function and its associated benefits of a more stable tear film. This treatment is more effective in patients who are highly compliant with their therapy, both before and after the treatment. The beneficial effect of this procedure may last up to 2 to 5 years in compliant patients, after which the treatment can be repeated, if necessary.

You are scheduled for a LipiFlow treatment on: \_\_\_\_\_ at: \_\_\_\_\_

Prior the treatment date, please continue your ocular treatment as follows:

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
4. Other:

On the NIGHT BEFORE your treatment, do NOT place any ointment in either eye

On the DAY Of treatment:

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 makeup, eye creams, facial creams, or sunscreen to your face
5. You MAY take any oral medications that are prescribed by the ophthalmology clinic or any of your other health care practitioners.
6. There are NO dietary or fluid restrictions
7. You do NOT need a driver for this visit

LipiFlow is a safe and comfortable treatment that will be performed in the Eye Clinic during your scheduled visit. Immediately prior to proceeding, a couple of drops of anesthetic, (such as the ones that are used to check your intraocular pressure), will be put in both eyes. A protective eye shield will be placed over both eyes. An “activator” will then be placed on all four eyelids. This activator will apply heat (108.5°F) and gentle massage (up to 5 pounds per square inch) to all four eyelids for 12 minutes. The vast majority of patients find the treatment to be pleasant and comfortable. Several ophthalmologists in our clinic have tested the treatment on their own eyelids and concur with the favorable observations about the comfort of the treatment. However, your treating physician will be in the room during the entire time and will be able to modify, or even abort, the treatment in the very unlikely event that undue discomfort occurs.

Following the LipiFlow treatment you will be given a written set of post-treatment instructions and a follow-up appointment in 2 months. Compliance with the post-treatment regimen and keeping the follow-up appointment are very important in optimizing the results during this critical postoperative period.

If you have any additional questions or concerns about the treatment plan, please do not hesitate to call the VAMC at 319-338-0581 and ask for the Eye Clinic prior to the date of your visit or to bring up your concerns at the time of your pre-treatment evaluation.