

IOWA CITY 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 10th Avenue, Suite 200, Coralville, IA 52241-1923

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 frankly painful, please contact the VAMC at 319-338-0581 and ask for the Eye Clinic during regular working hours or the on-call ophthalmologist after hours.

You are scheduled for a follow-up examination in 2 months on: _____ at: _____

Beginning today, please resume your dry eye treatment program 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:

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 the next visit:

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