

# TEARSCIENCE® LIPIFLOW® POST THERAPY CHECK LIST

Not actual patients

We recommend the following treatments to help manage your condition.

 <input type="checkbox"/> <b>LID HYGIENE</b> Help keep your glands open and functioning	 <input type="checkbox"/> <b>WARM COMPRESSES</b>
 <input type="checkbox"/> <b>ARTIFICIAL TEARS</b> (Available OTC)	 <input type="checkbox"/> <b>PRESCRIPTION MEDICATIONS</b>
 <input type="checkbox"/> <b>BLINKING EXERCISES</b> (See attached)	 <input type="checkbox"/> <b>SLEEP MASK</b> Wear at night to minimize airflow around eyes
 <input type="checkbox"/> <b>SUPPLEMENTS</b>	 <input type="checkbox"/> <b>PRACTICE THE 20/20/20 RULE</b> Every 20 minutes take a 20 second break and look at something 20 feet away. Follow the Blink Exercise Regimen
 <input type="checkbox"/> <b>CONTACT LENS INSTRUCTIONS</b> (If applicable)	 <input type="checkbox"/> <b>OTHER THERAPIES</b>

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☐ **ADDITIONAL NOTES/INSTRUCTIONS**



☐ **APPOINTMENT RECOMMENDATION**

As with any medical procedure, risks and potential complications may occur. Please consult your eye care specialist for detailed information and to discuss these possible risks and complications with you prior to the procedure.