

FREQUENTLY ASKED QUESTIONS ABOUT MIBOFLO THERAPY

Will the insurance cover MiBoFlo?

Unfortunately, insurance does not cover this treatment as it is considered elective. This is an out of pocket expense. You can use most credit cards, care credit, and flexible spending to pay these fees.

Do I have to pay up front?

You will be asked to pay for the initial treatment plan at the time of scheduling or at the time of your appointment. We do not divide the 3 initial treatments into individual treatments. They are considered a package because many patients will not experience noticeable results after a single treatment.

Are there any side effects?

Some slight redness may appear right after treatment; this side effect will go away soon after. It is common for vision to be somewhat blurred after treatment. This varies from patient to patient and depends on the amount and viscosity of the lid secretions. In many cases, patients experience an extremely clear vision during the hours immediately following treatment. If you experience uncomfortable blurred vision, artificial tears like *Refresh, Retaine, Optive, Thera Tears, or Systane* should help clear the cloudy lid secretions and improve vision more quickly. Any blurred vision generally lasts no more than a few minutes.

Will I be able to drive later?

Yes (see above).

Is there any aftercare I should do?

You can continue therapy at home. This includes: Lid scrubs, warm compresses, and lid massage. This will help your progress to evacuating the oil from the eyelid glands. The more therapy you do at home, the less frequently you will need maintenance treatments with Miboflo.

When will my eyes start to feel better?

It really depends on the severity of your condition. It probably took several years to get to this point and for that reason; it will not be fully resolved overnight. For mild to moderate severity, you may feel relief immediately. For more severe cases, multiple treatments at frequent intervals may be needed.

Why is my vision blurred after treatment?

Treatment focuses on evacuating thickened secretions that block the flow of lipids out of the eyelid glands. If these oils are opaque, when released in tears, you will experience a blurring effect similar to that of getting petroleum jelly oil in your eyes. This blurred vision is temporary and can be resolved faster by using aqueous artificial tears (see suggestions above). You may ask an assistant if you would like eye drop samples.

Why do I only get relief a few days after each treatment?

Often, relief is only achieved for short periods after treatment and then disappears. Relief is provided by secretions that are released during treatment, but the glands are generally not completely freed of thickened secretions in one or two treatments. The remaining altered oils found in the glands solidify and block the gland openings again once the lid cools and the glands close down. Long-lasting symptom relief is obtained when most of the altered secretions from most of the lid glands are evacuated. With Miboflo, this goal is achieved in a fraction of the time that can be achieved with at-home therapy alone.

Does it hurt?

There should be no pain during treatment. There are times when some sensitivity may occur due to engorgement of the single or multiple eyelid glands. Otherwise, the treatment is very relaxing and painless.

What is the normal routine for treatments?

The first three treatments are done one week apart from the other.

Once you have completed all three treatments, you will return approximately a week later for follow-up with the doctor to check on your progress. At that time, a maintenance schedule will be recommended based on the tear quality tests performed in this follow-up. Once a maintenance plan has been established, a visit with the physician will be scheduled at 6-month intervals to modify the maintenance program if warranted.

Are there alternative treatments?

Yes, you probably received a list of treatment options that include mechanical home treatment and medications to make the process easier. If you do the lid scrubs and warm compresses at least once a day and massage the lid correctly once a day, your symptoms are likely to stay about the same, they will probably improve a little but they will not get worse. By massaging the lid 3 to 4 times per day, you can accelerate resolution by 3 to 4 times the amount of time it took for this condition to develop to its current level. Most cases of Meibomian gland dysfunction develop over the entire life of the individual. If your glands have been obstructed for a decade or more, 3 lid massage treatments per day will evacuate all of the altered secretions in about 3+ years (if you are very diligent and consistent with treatments). Lipiflow is another treatment based on the same concepts as Miboflow but uses heat on both surfaces of the lid. This therapy is roughly \$900/ treatment and may take multiple treatments if your condition is severe.

Will I always have this problem or is it ever cured?

In most cases, once the viscous secretions are evacuated from the glands, the thin fluids are free to release with each blink. Lid scrubs remain important because blockage of the glands is tied to the build-up of debris, dead skin, oils and bacteria that accumulate on the skin. Just as it is important to wash your face to prevent clogged pores, it is important to do the same for the lid margins where Meibomian glands are located. In some chronic cases, the changes to the anatomy of the eyelid result in reduced elasticity of the lid and thus reduced pumping action in the lid and less secretion of oils. Massaging the lid daily may be necessary in addition to daily lid scrubs to ensure proper release of secretions if this is the case. After many years of obstruction, glands may atrophy and degenerate. In these cases, it is of utmost importance to maintain good function in the remaining glands or long term scarring and life-long treatment becomes necessary.

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