## FREQUENTLY ASKED QUESTIONS ABOUT MIBOFLO THERAPY

**Will insurance cover MiBoFlo?**

Unfortunately, Insurance does not cover this treatment as it is considered elective. This is an out of pocket expense. You are able to use most credit cards, care credit, and flex spending to pay for these fees.

**Do I have to pay up front?**

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

**Are there any side effects?**

Some mild redness may occur right after treatment. This side effect clears shortly after. It is common for vision to be somewhat blurry after a treatment. This varies by patient and is dependent on the amount and viscosity of the lid secretions. In many cases, patients experience extremely clear for the hours immediately after a treatment. If you do experience uncomfortably blurry vision, artificial tears such as Refresh, Retaine, Optive, Theratears or Systane should help to clear the cloudy lid secretions from the eye and improve vision more quickly. Any blurry vision generally does not last more than a few minutes.

**Will I be able to drive after?**

Yes (see above).

**Is there any after care that I will need to do?**

You can continue with at home therapy. 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 Miboflo maintenance treatments are needed.

**When will my eyes start feeling better?**

It really depends on the severity of your condition. It has likely taken several years to get to this point and for that reason; it will not be completely resolved overnight. For mild to moderate severity, you may feel relief immediately

**Why is my vision blurry after the treatment?**

The treatment is focused on evacuating the thickened secretions that are blocking lipid flow out of the eyelid glands. If these oils are opaque, when they are released into the tears, you will experience blur similar to getting Vaseline oil in your eyes. This blurry vision is temporary and can be resolved faster by using aqueous artificial tears eye drops. You may ask an assistant if you would like sample eye drops.

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

Often times, relief is only achieved for short periods after a treatment and then goes away. Relief is afforded by the secretions that are cleared during treatment but the glands are not usually completely cleared of viscous secretions in one or 2 treatments. The remaining altered oils that are in the glands solidify and again block the gland openings. Long lasting symptom relief is obtained when the majority of the altered lid secretions from the majority of the lid glands are evacuated. With Miboflo, this goal is achieved in a fraction of the time that is achievable with at-home therapy alone.

**Does it hurt?**

There should be no pain during treatment. There are times where some tenderness may occur due to the engorgement of the single or multiple eyelid glands. Otherwise, the treatment is very relaxing and non-painful.

**What is the normal routine for treatments?**

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

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

**Are there alternative treatments?**

Yes, you were likely provided with a list of treatment options including mechanical treatment at home and medications to facilitate the process. If you perform the lid scrubs and warm compresses at least one time per day and perform lid massage correctly one time per day, your symptoms will likely stay roughly the same, they will likely improve very little but they will not get worse. If you perform lid massage 3-4 times per day, you can speed up resolution by 3-4 times the amount of time it took to develop this condition at 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 these altered secretions in about 3+ years (that is if you are very diligent and consistent with treatments). Lipiflow is another treatment based on the same concepts as Miboflow but uses laser energy to break up hardened lid secretions. This therapy is roughly $900 per treatment and requires multiple treatments for most severe cases of the condition.

**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, fluid oils are free to release with each lid 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 the pumping action of the lid muscles does not lead to secretion of the oils. Once daily lid massaging may be necessary in these patients in addition to the daily lid scrubs.