

Post-treatment Guidelines - Dry Eye

To decrease risk of complications and optimize results, please note the following instructions:

- Avoid scratching or vigorous rubbing of the treated area for 3-4 days. If needed, gently “pat” the treated area with wet/moist cloth.
- Avoid make-up in the treated area for 2 days.
- Avoid smoking and excessive alcohol intake for 24 hours post treatment.
- Increase fluid intake per provider instruction.
- Avoid overheating skin (very hot baths/showers, sauna, heat, strenuous exercise) for 48-72 hours post treatment.
- Avoid swimming (due to chlorine) or any environmental chemical exposure for 48 hrs.
- Sleep on back, head elevated for 72 hours after treatment, to decrease swelling.
- Notify your provider right away if you note signs of abnormal healing, such as:
 - Redness that is getting worse instead of better
 - Blisters
 - Open sores
 - Any drainage
 - Excessive swelling
 - Swelling may get worse on day 2 and gradually improve by day 5.
 - For swelling severe enough to interfere with day-to-day functioning,
 - If swelling does not start to improve by day 2.
 - Pain that gets worse instead of better after topical analgesic wears off. (Should feel like mild to moderate sun-burn for 48 hrs.)