



Healthy Lids for Life!

# A Guide to Your **BlephEx**<sup>®</sup> Procedure

BlephEx<sup>®</sup> is a painless in-office procedure performed by your eyecare professional or trained technician. The patented BlephEx<sup>®</sup> handpiece is used to very precisely and carefully, spin a medical grade micro-sponge along the edge of your eyelids and lashes, removing biofilm scurf and debris and exfoliating your eyelids.

This guide will help you to get ready for the treatment and know what to expect once it is completed.

## **BEFORE THE PROCEDURE**

- Be sure your eyelid is clean and free of any lotions
- Do not apply eye make-up
- Do not wear contact lens

## **DURING THE PROCEDURE**

- The entire treatment takes 6-8 minutes
- The procedure is completely safe and painless
- A numbing drop is placed in each eye prior to treatment
- The treatment will feel like a massage on your lids, but may feel like a tickling sensation at times
- You may feel tense during the procedure because you may not be accustomed to a procedure on your lids
- Each lid takes about 1 minute to remove the bacterial biofilm build-up

## **AFTER THE PROCEDURE**

- You may feel immediate relief and improvement from dry eye symptoms
- You will be scheduled for a 2 week follow up visit
- You should experience marked reduction of dry eye symptoms within 2-4 weeks
- You may be instructed on how to maintain clean eyelids with regular nightly lid hygiene. Continue your home eye-cleaning maintenance as directed by the eye care professional.
- The BlephEx<sup>®</sup> procedure is typically repeated at 4-6 month intervals to assure your lids stay clean and healthy