

BEFORE LASIK SURGERY

- Soft contact lens wearers should discontinue wear 2 weeks prior to evaluation date. No cheating!! Wearing lenses one day could alter the test data and cause an unsatisfactory outcome. Lenses should not be worn for at least one week prior to the surgery.
- Rigid Gas Permeable/hard contact lens wearers need to discontinue lenses 3 weeks prior to the evaluation date and remain out of lenses until the surgery is performed.
- Refrain, if possible, from taking antihistamines and decongestants for 1 week prior to the surgery and up to 1 week after the surgery, as this will dry the eyes. If you have any questions about this please discuss this with Dr. Hawkins at your evaluation appointment.
- Let us know prior to surgery if you are nursing or planning to become pregnant.
- No make-up, creams, or lotions should be applied to the eyelid area on the day of surgery and the day before surgery.
- If you are interested in our financing program, please discuss this with our LASIK coordinator, Karen Livengood, soon as possible.
- All questions about surgery fees or payment should be directed to our LASIK coordinator, Karen Livengood. Also, please call if you have questions regarding the time, date, or place of the surgery. Directions to the laser center will be given to you over the phone.

ON THE DAY OF SURGERY

- Arrange for someone to drive you to the laser center on the day of your surgery and to our office on the next day.
- No perfumes, colognes, aftershaves or other fragrant materials should be worn on the day of surgery.
- Wear comfortable clothing that is warm as the laser room tends to be cool.
- Please refrain from smoking or drinking caffeinated products on the morning of surgery.

- A sedative will be given to you after you arrive at the laser center. All postoperative medications will be provided for you in a postop kit. Please note that PRK patients may need to get a prescription filled for Voltaren or Acular eye drops prior to surgery. All patients should buy a box of preservative free tears (such as Refresh Plus, Bion Tears, or Tears Naturale Free) prior to their surgical date.

Davidson Eye Associates Postop LASIK Instructions

Dr. Hawkins—243-2436 or call hospital after hours.

1. You may experience some mild pain, irritation and itching after surgery. Your vision will be foggy and hazy the evening after surgery. Take Tylenol as needed for pain after surgery.
2. **DO NOT RUB** your eyes for 2 weeks after the procedure.
3. Avoid having wind blowing in your eyes after your surgery and for the first week after surgery.
4. A drop of FML (an anti-inflammatory) and Ocuflax (an antibiotic) will be administered following your surgery. FML and Ocuflax will be given to you in your postop kit. It is advisable that you take a nap as soon as you get home after surgery. Begin using Ocuflax and FML every 4 hours after waking up from your nap. Shake FML prior to use. Leave 5 minutes between instillation of each medication. Use lubricating tear drops every 2-4 hours for the first month after surgery. Be careful not to touch eye when instilling eye drops.
5. Eye shields will be provided in the postop kits. They should be worn all day on the day of surgery and every night for the first week. Use extra care not to play with small children or animals for the first week.
6. Do not swim for two weeks and avoid any water entering your eyes. When showering, keep your face away from the water stream of the shower. Wash your face lightly with a clean face cloth.
7. Do not use eye make-up, foundation or loose powder for one week following surgery. Lipstick is alright.
8. Don't drive after surgery until you feel comfortable with your changed vision (at least 2 days or so).
9. Avoid vigorous exercise and sporting activities for 2 weeks. No contact sports for 1 month.
10. Followup will be at 1 day, 6 days, 1 month, 3 months, 6 months and 1 year and are covered in the price of surgery.