



DAVIDSON EYE ASSOCIATES

BEFORE LASIK SURGERY

Discontinue contact lenses 2 weeks prior to evaluation date!. Lenses should not be worn for 1 week prior to surgery

Rigid gas permeable contact lenses need to be discontinued for 3 weeks prior to evaluation date and remain out for 3 weeks prior to surgery.

If possible, do not take antihistamines or decongestants for 1 week prior to surgery and limit use for the first few weeks after LASIK. As these will dry out the eyes and retard healing.

Let us know prior to surgery if you are nursing , pregnant, 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 (Care Credit), please let my LASIK financial counselor, Karen Livengood, know as soon as possible.

If you have questions about pricing, please talk to Karen Livengood. If you have questions about the procedure itself, ask for Shanna, or Misty.

Please begin to use the antibiotic drop prescribed for you (usually Vigamox) 2 days prior to surgery (1 drop 4 times per day starting 2 days prior to surgery).





ON THE DAY OF SURGERY

Arrange someone to drive you to the surgical appointment and to the office on the next day for your first postoperative visit.

No perfumes, colognes, aftershaves or other fragrant materials should be worn on the day of surgery. Do not wear earrings.

Wear warm, comfortable clothing as the laser room tends to be cool.

No smoking or caffeine on the morning of surgery.

A sedative will be given to you after you arrive at the office after surgery. All eye drops will be provided in a postop kit given to all patients. Use Vigamox (antibiotic drop) on the morning before you come in for surgery. Patients should buy a box of preservative free tears (Refresh plus or Systane) prior to their surgical date.





POSTOP LASIK INTRUCTIONS

Beeper —242-5200

1. You may experience some mild foreign body sensation, irritation and itching after surgery. Your vision will be foggy and hazy the evening after surgery. Take Tylenol or Motrin for pain after surgery.
2. **DO NOT RUB** your eyes for 2 weeks after the procedure.
3. Avoid windy, dusty, dirty environments for 1 week.
4. An eye shield 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.
5. A drop of Prednisolone acetate and Vigamox will be administered following your surgery. Prednisolone and Vigamox will be used 4 times per day for the first week. Shake Prednisolone. Leave 5 minutes between instillation of each medication. Use lubricating tear drops (preferably preservative free systane or refresh plus). Be careful not to touch the eye when instilling eye drops.
6. **Take a nap** immediately when you get home after surgery. Try to keep your eyes closed for 2 hours after surgery.
7. Do not swim for 2 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.
8. Do not use eye make-up, foundation or loose powder for one week following surgery.
9. Don't drive until you feel comfortable doing so, at least wait until the next day after surgery.
10. Do contact sports like basketball, football, karate, boxing etc for 1 month.
11. Followup typically will be at 1 day, 7 days, 1 month, 3 months and 1 year.





DAVIDSON EYE ASSOCIATES POST-OP PRK INSTRUCTIONS

Beeper—242-5200

You will experience mild to moderate pain, scratchiness, and sensitivity to light for the first 3 to 5 days. Tearing may be heavy for the first 2-3 days after surgery. You will need to curtail most normal activities because of these symptoms as well as blurred vision for the first 4 to 5 days. Sunglasses will greatly assist with comfort both indoors and outdoors after surgery.

Leave bandage contact lens in place. Do not attempt to remove or replace it if it falls out. If it falls out, you will experience significant increase in pain. Call doctor immediately if it falls out. If it falls out, you will experience significant increase in pain. Call the beeper number above immediately if it falls out.

Healing time varies but most people have good functional vision at 4 days to 1 week after surgery. You may drive as soon as you feel comfortable. Your drivers license status must be changed by the DMV before you can legally drive without glasses.

Do not swim or wear makeup for the first week. Do not rub your eyes for the first week after surgery.

Wear provided eye shields while sleeping for the first 4-5 days (until bandage contact lens is removed).
Wear provided sunglasses while outdoors as needed.

Use the following drops/medications after surgery: 1. Vigamox 1 drop 4 times/day 2. FML 1 drop 4 times/day. 3. Prolensa or Ilevro once per day (usually sample will be given on day of surgery) 4. Systane or refresh plus preservative free tears every 2 hours.. 5. Refresh Optive with alcaine numbing drops will be given, use **up to every 2 hours** as needed for pain relief. **Use no more than every 2 hours.** 6. Vitamin C 500mg twice/day can facilitate healing and decrease pain. Start immediately before or immediately after the surgery.

