

Please review this information prior to your procedure.

Pre-procedure Instructions

<p>*Continue to take any of your regular medications unless specifically directed otherwise.</p> <p>*Remove all eye make-up and earrings the day of the procedure.</p> <p>*Remember: do not wear jewelry or cologne.</p> <p>*Avoid antihistamines</p>	<p>*You may eat a light meal the day of your procedure.</p> <p>*You will need to arrange for a driver to take you home. You will be at the laser center anywhere from ½ to 2 hours; ask your driver to wait for you in the assigned area.</p>	<p>*You will need 3-5 days to recuperate for PRK and generally 1 day for LASIK.</p> <p>*Wear comfortable clothing and low heeled shoes. Please NO FLIP FLOPS.</p> <p>*Cells phones must be turned off while you are in the clinic.</p>
--	---	--

Healing Tips

<p>*You may experience burning, watery eyes, or scratchiness and irritation as soon as 30 minutes after your procedure. It is helpful to keep your eyes closed as much as possible.</p> <p>* Wear sunglasses even indoors if light bothers you.</p>	<p>*Wear goggles while sleeping for 1 week.</p> <p>* Most LASIK patients achieve functional vision (not perfect) within 24 hours of surgery. Please do not be alarmed if your vision is not 20/20 on day one! PRK patients will take longer to achieve functional vision.</p>	<p>*Use your drops as prescribed regardless of how your eyes feel or how you see. It is okay to use the artificial tears more than once per hour.</p> <p>*It common to have foggy or hazy vision and fluctuation in vision. This generally subsides within 4-6 weeks after surgery.</p>
--	---	---

Post-Procedure Instructions

<p>*After surgery, avoid air blowing in your face including ceiling fans, air vents, etc. This can dry your eyes out and interfere with recovery.</p> <p>*In the mornings, when you wake up, your eyelashes may be crusted. DO NOT FORCE YOUR EYES OPEN. Lay a warm moist cloth over the eyes to loosen the crusting. Dab away gently.</p> <p>*You should wear the clear, protective goggles when you sleep for five days.</p>	<p>*Bring your eye drops with you to the procedure and all your follow-up visits.</p> <p>*You may take over-the-counter medications such as Tylenol or Ibuprofen. Avoid antihistamines such as Benadryl, Allegra, and Claritin as these will dry your eyes.</p> <p>*Do not use other eye medications unless approved by your doctor</p> <p>*Flying is permitted within 48 hour; discuss this with your doctor.</p>	<p>*Do not wear eye make-up for one week after surgery.</p> <p>*It is important to keep your follow-up appointments to ensure that your eyes are healing well.</p> <p>*You may jog or workout after three days; avoid racquet sports for one week.</p> <p>*Eye protections should always be worn when participating in sports where you may be hit directly in the eye.</p>	<p>*You may resume light, normal activity as soon as you are comfortable doing so. Dusty areas should be avoided for two weeks.</p> <p>*It is important that the eyes not be rubbed, bumped, or hit.</p> <p>*You may take your regular shower; do not let the shower spray directly in your face.</p> <p>*Wait two weeks after surgery before swimming, SCUBA diving, or skydiving.</p>
---	---	---	---

Please call if you have questions or concerns. 936-569-8278 or 800-753-3846