

PREOPERATIVE INSTRUCTIONS

Contact lenses:

- Leave daily wear soft contact lenses out for one week before surgery.
- Leave extended wear contact lenses out for two weeks before surgery.
- Leave hard or gas permeable contacts out for a minimum of one month, or as directed by your surgeon.
- It is important to keep the eyes free from irritation, swelling and distortion from contact lenses.

Make-up /perfume /cologne:

- All eye make-up should be removed from the eyes on the day before surgery. Do not wear perfume or cologne on the day of surgery. Do not use facial creams or moisturizers on the day of surgery.

Medications:

- You will be provided with a prescription for antibiotic eye drops. This must be filled at your pharmacy. Bring the bottle with you on the day of your treatment.
- You will also be given a prescription for Neurontin. Begin taking this three times a day starting one day before your procedure, and continue taking until healed.
- Start taking 1000 mg of Vitamin C prior to your procedure. You should continue this for one year postoperatively.

Clothing:

- It is recommended that you wear comfortable clothing that buttons down the front on the day of surgery.
- **NO CAFFEINE ON THE DAY OF SURGERY**

Post-operative care:

- You will be scheduled for follow-up visits the first and the fifth day after your procedure. It is optional for you to come in any day in between those days. We will then see you monthly after surgery.
- Wear sunglasses outdoors in sunlight for one year, to prevent hazing from ultraviolet exposure.
- Refrain from tanning beds for two weeks, and always wear UV protection while tanning.
- **DO NOT TOUCH** the eye area for one week after surgery
- Do not swim or submerge your head under water for two weeks. You may take a shower the day after your treatment, letting the water run over your closed eyes, but no wiping the eyes.
- If you work in a dusty environment, you should wear a protective goggle for a few days following surgery.