

Things to do before surgery

Pre-Operative Instructions

Start Eye Drops On:

- Use **Zymar** twice a day for **1 week** prior to surgery. (Once in the morning and once at bedtime)
- Use artificial tears (**Refresh Liquigel**) four times a day for **1 week** prior to your surgery.
- If you are wearing **soft contact lenses**, please take them out at least **72 hours** prior to surgery. If you are wearing **hard or gas permeable lenses**, please **do not** wear them after the exam.
- Wear warm, comfortable clothing the day of your procedure. Please make sure your clothing is free of pet hair.
- **DO NOT** wear any **eye Make-up or eye creams** around the eye area for **1 week** before surgery.
- **DO NOT** wear **cologne, perfume, or aftershave lotion** on the day of surgery.
- You **must** have **transportation** to take you home. You will not be able to drive for the rest of the day.
- If hungry, eat something light prior to your appointment.
- You will be given a mild tranquilizer, antibiotic, and anesthetic eye drops before the procedure.
- The actual surgical procedure may take about 10-20 minutes. You should expect to be at the surgery center for approximately 2.5-3 hours.

Finances

Payment is required prior to your procedure. If you choose to finance your procedure, our office must approve it at least **3 days** prior to your surgery. We only accept **cash or credit cards**.

Following Your Procedure

Following LASIK, some patients may experience mild discomfort, tearing, and sensitivity to light for a couple of days after surgery. We recommend that you wear sunglasses when needed after surgery. The eye is generally not patched, but a clear shield is placed over the eye. Some patients may have a "red eye" due to tiny hemorrhages around the white part of the eye, from the suction ring. This will clear in 2-4 weeks, although not cosmetically pleasing, this is normal and will not result in any damage to the eye. No treatment is required for this.

A Few "Do's and Don'ts" After Surgery

- DO keep your eyes closed as much as possible when you get home from surgery.
- DO take one sleeping pill upon arriving home and one at bedtime.
- DO wear the eye shields to bed at night for one week after surgery.
- DO be gentle around the eye area when bathing for the first few days. Avoid soap and water directly in the eye.
- Do use eye drops as instructed. The eye drops will soothe and condition the front surface of the eye and promote comfort and healing.
- DO NOT *read, watch TV or work on the computer* when you get home from surgery.
- DO NOT *rub, scratch or press on your eye.*
- DO NOT swim in a lake, ocean, or swimming pool for 2 weeks. DO NOT scuba dive for 4 weeks following surgery.
- DO NOT wear *eye make-up or eye creams* for 2 weeks after surgery.

Symptoms During Your Recovery Process

You may experience glare, halos, sensitivity to light, and poor night driving vision for the first few weeks. This problem usually resolves after a few weeks to months. If you experience increased redness, sensitivity to light, decreased vision, pain or a white spot on the surface of the cornea, you must call us immediately. We are available 24 hours a day, 7 days a week at our emergency number. **Call 510-614-1515.**

If a "touch-up" or "enhancement" operation is needed, it is generally performed 3 months after the initial procedure. Enhancements are subject to a facility fee of \$150 per eye. This covers the sterilization of the equipment and disposable items used during the procedure. After 1 year there will be a nominal fee from the surgeon.