

LIFE IS BEAUTIFUL.
SEE IT!



Laser Vision Correction Patient Instructions prepared for: _____

BEFORE YOUR PROCEDURE

Prior to the day of your procedure

- Remove your contacts on: _____
- There are generally no restrictions on eating or taking medication before or on your surgery day; however, please advise us of any medications you are taking.
- We recommend avoiding alcohol 24 hours before and after your procedure, as this tends to dehydrate the tissues.
- You will be given prescriptions for post-operative eye drops that must be filled prior to your procedure.
- Payment is due before the surgery day so that you can focus on your procedure and getting well, rather than the hassles of payment and financing.
- Please review and sign the consent form prior to your procedure.
- Please arrange to have someone take you home after the procedure.



DAY OF YOUR PROCEDURE

Before your Procedure

- You can eat lightly prior to the procedure; however, do not consume caffeine (soda, chocolate, and coffee), alcohol or tobacco.
- Do not wear any facial make-up, eye make-up or any skin creams, lotions or moisturizers. Do not wear any scented products (i.e. perfume or cologne) or use hair products that contain alcohol (such as hair spray or mousse). The aromatic and alcohol vapors can impair the laser beam.
- Wear comfortable clothing. The laser room temperature is cool so you may want to wear a sweatshirt or a sweater. Avoid materials such as wool that may generate lint in the surgical suite.
- Do not wear any jewelry, e.g. earrings, necklaces, and chains.
- In consideration of others, and to ensure your visit is as comfortable as possible, please do not bring children with you on the day of your surgery.

- Turn off your cell phone and other electronic devices prior to entering the laser room.
- Duration of your visit will be approximately 1 1/2 hours.

After your Procedure

- Please be aware that after the surgery your eyes will be irritated and light sensitive. Your eyes may burn, sting and tear excessively and you may feel a foreign body sensation. Do not rub your eyes. This usually dissipates within 24 hours after the procedure. It is okay to take a pain reliever such as Tylenol or Advil. Take 1-2 tablets of Tylenol or Advil every 4-6 hours as needed to alleviate discomfort.
- If necessary, you may gently dab-dry the corner of the eyelids and lashes.
- Remember to fully blink your eyes (without squeezing hard) several times per minute for the first 2 hours. This will help smooth the cornea. "Drink and Blink."
- To prevent dehydration, do not consume alcohol, caffeine or chocolate and drink plenty of water the entire day.
- Wear the sunglasses provided. Most other varieties do not provide adequate protection (rated UV 400, or better).
- Watching television is okay. Refrain from reading or computer work for 1 day.
- Follow the eye medication regimen.
- Wear your eye shields or specialized goggles at night. Use the tape to fasten shields to your eyes.



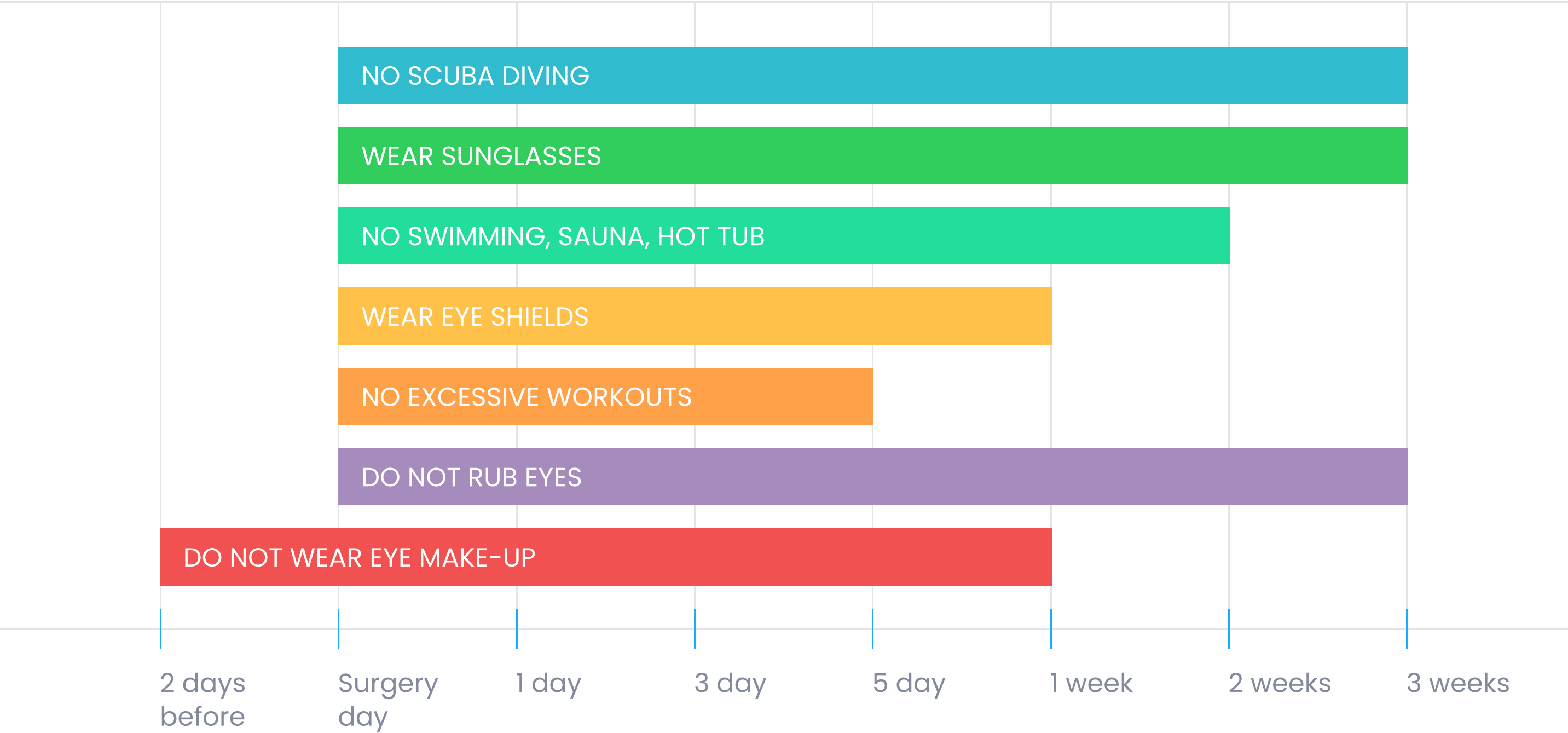
FOLLOW UP CARE

- Please be advised that your follow-up care is as important as the actual procedure.
- You are required to come to our office (9201 Sunset Blvd Suite 709, West Hollywood) in 24 hours after your LASIK for your first post-operative appointment.
- Continue using your eye medications.
- You may take a shower the day after surgery, but keep your eyes closed. Do not allow water to spray directly onto your face. Avoid soap or shampoo in your eyes for 1 week.
- Do not submerge in any bodies of water such as pools, jacuzzis, oceans, rivers or lakes for 2 weeks after your surgery.
- Mascara should not be used for 1 week. It is okay to use eye shadow and other make-up.
- Do not rub your eyes for 6 weeks following your treatment. If your eyes itch, notify your eye doctor and an anti-itch medication can be prescribed.
- Use sunglasses when outdoors for the first 4 weeks to protect your eyes from wind and dust.

Follow Up Care

- Wear your eye shields on at bedtime for 1 week (2 weeks if you sleep on your stomach) to keep from rubbing your eyes while asleep.

- Light exercise is okay, but avoid excessive workout for 5 days.
- It is always recommended that you wear protective eyewear for racquet and contact sports and safety goggles for jobs/hobbies that require them.
- You may fly 2 days after surgery.
- No scuba diving for 3 weeks.
- If in doubt about any activity you can or cannot do, please contact the office.



MEDICATIONS

You will be prescribed two types of medications: an antibiotic and a steroid. Below are the names and images of medications available in each category. You will also need to use artificial tears (no prescription necessary).

All in One combination drops (antibiotic + steroid+ NSAID) 💧💧💧



OMNI

Antibiotic (Vigamox, Moxifloxacin, Besivance) 💧💧💧💧



Vigamox

or



Moxifloxacin

or



Besivance

Steroid (Pred Forte, Lotemax, Durezol) 💧💧💧💧



or



or



Prednisolone

Lotemax

Durezol

Artificial Tears 💧💧💧💧



or



or



Refresh

Systane

Blink

MEDICATIONS

MEDICATION	2 DAYS BEFORE SURGERY	DAYS AFTER SURGERY
ANTIBIOTIC	times a day	times a day
OMNI	💧💧💧	💧💧💧
Vigamox or Moxifloxacin or Besivance	💧💧💧💧	💧💧💧💧

DAY OF YOUR PROCEDURE

Before Surgery


















Do not take any eye medications.

After Surgery

Please use your Antibiotic eye medication every even hour (e.g. 12 PM, 2 PM, 4 PM, 6 PM, 8 PM) and your Steroid medication every odd hour (1 PM, 3PM, 5PM, 7PM, 9PM).















Use artificial tears every hour.

WEEK 1

MEDICATION	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ANTIBIOTIC	times a day	times a day	times a day	times a day	times a day	times a day	times a day
OMNI							
Vigamox or Zymaxid or Besivance							
STEROID	times a day	times a day	times a day	times a day	times a day	times a day	times a day
Pred Forte or Lotemax or Durezol							


Use artificial tears every hour.

WEEK 2

MEDICATION	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
ANTIBIOTIC	times a day	times a day	times a day	times a day	times a day	times a day	times a day
OMNI							
STEROID	times a day	times a day	times a day	times a day	times a day	times a day	times a day
Pred Forte or Lotemax or Durezol							

Use artificial tears every 2 hours.

WEEK 3

MEDICATION	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
ANTIBIOTIC	times a day	times a day	times a day	times a day	times a day	times a day	times a day
OMNI							STOP
STEROID	times a day	times a day	times a day	times a day	times a day	times a day	times a day
Pred Forte or Lotemax or Durezol							STOP

Use artificial tears 4 times a day.

If you have any questions, please contact us at 310.275.5533 and we will be glad to help.