



PREPARATION FOR EXCIMER LASER REFRACTIVE SURGERY

PATIENT INSTRUCTIONS

In order to make your surgery experience as pleasant as possible,
please read and follow the instructions carefully.

BEFORE SURGERY

1. Wear comfortable, loose fitting clothing so that you can recline comfortably on the operating chair.
2. The morning of surgery, thoroughly wash all exposed skin from the neck up with an antibacterial soap (such as Dial or Safeguard) and do not put anything else on your skin thereafter. Shampoo your hair the morning of surgery, but do not use any mousse, hairspray, gel, etc., after rinsing.
3. **DO NOT WEAR ANY MAKE-UP, SKIN LOTION, COLOGNE OR PERFUME. THESE "AROMATICS" WILL DEGRADE THE LASER OPTICS.**
4. You may eat a light meal before surgery.
5. We have provided you with a prescription for ZYMAR antibiotic eye drops, please begin using it four times a day for two days prior to surgery.
6. You **MUST** arrange for someone to drive you to and from the Laser Vision Center on the day of surgery. Please bring only one person with you, and do not bring children.
7. Perform an "eye-lid scrub" each night before bed beginning three nights prior to the procedure. You can purchase OcuSoft lid scrubs over the counter at any pharmacy.
8. Contact lenses must be removed from the operative eye prior to surgery according to the following schedule:

Hard	Four to eight weeks prior to surgery
Rigid Gas Permeable	One to four weeks prior to surgery
Soft	One to two weeks prior to surgery

(Check with your physician concerning the schedule for your specific lenses)

9. After your Procedure we will give you FML steroid eye drops. You will be instructed at that time on how to use the drops.