



175 North 400 West, Suite C-10, Orem, UT 84057
(801)224-6767 • (800)437-EYES (3937)

Pre-Operative Instructions for iLasik and PRK

Important Information About Your Surgery

Our staff is dedicated to providing the highest quality of individualized care to each of our patients. Our patient-focused approach is intended to promote your long term health and well-being.

We want to make your upcoming visit as pleasant and comfortable as possible. To make your surgery a successful experience, please read and follow the information carefully.

When is my Surgery Appointment?

Begin Lid Scrubs: _____

Day: _____ **Date:** _____ **Arrival Time:** _____

Our Vision Advisor will call to confirm your arrival time 2 to 3 days prior to your surgery date and to discuss your instructions with you. Plan to be at our office 2-3 hours the day of your surgery.

Preparing for my Surgery

- Beginning 72 hours prior to surgery, you will need to start lid scrubs. Using **Ocusoft Eyelid Cleanser**, gently scrub your eyelids and eyelashes with eyelids closed, then rinse with clean water. Do this morning and night for 3 days. If you do not have Ocusoft Eyelid Cleanser available, you may scrub the eyelids and eyelashes with a clean, sudsy wash cloth using a no-tears shampoo. Rinse with clean water. This reduces oily secretions and infection risk.
- Please have your Restasis and your antibiotic prescription filled prior to surgery. The antibiotic prescription will reduce the risk of infection following your procedure. Also, purchase artificial tears to facilitate healing and comfort.
- Wear loose, comfortable, "non-fuzzy" clothing the day of the procedure. (It is cool in the surgery suite.)
- Remove ALL makeup the day of the procedure. Throw away mascara and replace with a new tube to use after your laser treatment. This will reduce the risk of infection.
- Do not wear perfume, cologne, aftershave or other fragrant products (odors may cause interference with the laser). Your surgery could be rescheduled if any scents are detected.
- You may eat and drink prior to your procedure. Please avoid alcohol and caffeine.
- You will be given medication to help you relax so it is imperative that you make arrangements for a family member or friend to drive you home following your procedure.

Day of Surgery

- You will be greeted at the front desk and asked to complete any additional paperwork.
- Any scans and examinations will be performed as necessary.
- You will meet with our Vision Advisor who will collect payment at this time. Please bring cash, check, credit card, or certified funds with you, or have financing arrangements approved in advance.
- Post-operative instructions will be explained.
- Our Patient Coordinator will give you a cap for covering your hair during the procedure to help maintain a clean environment in the surgical suite. You will be offered a mild sedative (Valium) and pre-operative drops will be administered to anesthetize your eye(s).
- Dr. Monroe will visit with you and then escort you to the surgical suite for your procedure.
- If your procedure is on Friday, you will be asked to rest in our reception area for 30 minutes after your procedure so the Dr can do a short follow-up exam. Otherwise, you will be scheduled for a post-op appointment the following day.

CONGRATULATIONS! If you have any questions, please feel free to call our office at any time.



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Artificial Tear Recommendation

Please purchase PRESERVATIVE FREE artificial tears for use following your surgery. Please make sure that the tears are in individual vials instead of a bottle. They can be more comfortable for sensitive eyes.

We recommend the following:

REFRESH PLUS TEARS

OPTIVE TEARS

THERA TEARS

SYSTANE TEARS

BLINK TEARS

We provide a sample of artificial tears the day of your surgery; however, you will be using artificial tears for the next 30 days.