



Come to Suite #1 the day of surgery

PRK/LASEK DAY OF PROCEDURE INSTRUCTIONS

- ◆ Start immediately upon scheduling your surgery: ***Vitamin C 500mg twice a day
 - ◆ **Begin Medrol Dose Pack/Methylprednisolone morning of surgery (2 tablets before breakfast.)**
 - ◆ Shower or bathe the evening prior to surgery or the morning of your surgery.
 - ◆ Wear loose, casual clothing. The laser room is chilly so you may want to wear something warm or bring a sweater, sweatshirt or jacket that **does not go over your head.**
 - ◆ No food restrictions. Discontinue consumption of alcoholic beverages evening prior to surgery continuing until one week post-operatively.
 - ◆ Put one drop of **Ketorolac/Acular LS and one drop of Zymaxid/Gatafloxacin** in operative eye(s) at home prior to departure for surgery. **DO NOT TAKE FML/FLOUROMETHALONE.**
**** All medicated drops are to be taken **5 minutes apart.** ****
Bring Valium and all medications to the office – do not take Valium prior to arrival.
 - ◆ Arrange for a driver to bring you to and from the laser appointment. *You will be here for approximately an hour and a half to two hours. There is a viewing room available for family members to view the procedure. Cameras are permitted- NO CELL PHONES!*
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- ◆ *****The lasers are extremely sensitive to odors of all kinds.** The following guidelines **must be followed by all occupants of the laser suit:**
 - NO** hairspray, including scented mousse or gel, perfumes, cologne, scented body lotions and **deodorants**, pre-shave or after shave products
 - NO** scent of smoke/food odors
- ◆ **In addition, laser vision correction patients must abide by the following guidelines:**
 - NO** eye make-up on either eye (due to the high microbial content of mascara, etc., It is important that the eye area be completely free of all cosmetics)
 - NO** facial make-up including blush, scented facial creams, and moisturizers
 - NO** earrings, facial jewelry, or necklaces