INSTRUCTIONS BEFORE LASIK or PRK/LASEK

It is extremely important for your smooth recovery that you carefully follow your doctor’s instructions. Call the office should any concerns arise at (805) 987-5300.

PRIOR TO SURGERY

- Contact lenses must be removed prior to surgery
  - Soft lenses = 2-5 days (5-7 if toric)
  - RGP (hard lenses) = 3 weeks prior
- LASIK PATIENTS: Pred Moxi Post op supply kit (talk to your patient counselor)
- PRK/LASEK PATIENTS: Pred Moxi + NSAID Post op supply kit (talk to your patient counselor)

Dougherty Laser Vision is proud to now offer our patients the new Pred Moxi drops for LASIK and PRK surgery. This is a unique formulation of antibiotic and steroid drops which have been combined to create the best-in-class option for maximizing visual outcomes.

FINANCIAL ARRANGEMENTS

- Please have all financial matters completed prior to your arrival for surgery.
- Payment for surgery will be requested when you check in for surgery. (sorry, no Amex)
- We accept cash, cashier’s checks, personal checks, Visa, MasterCard, Discover or Financing.

FINANCING:

- The application must be submitted to CareCredit and approved prior to your date of surgery.
- Applying for CareCredit is quick and easy. Simply choose the option you prefer:
  - Online Application – Go to www.carecredit.com, fill out the application and receive a decision immediately.
  - Phone Application – Call (800) 365-8295 and follow the prompts to receive an immediate decision.
  - Standard Application – can be filled out at the office prior to surgery and we will submit.
- Please be sure to ask us about our 0% interest payment plans.
**SURGERY DAY**

- Plan to be at the office for approximately 3 hours.
- Please make arrangements for someone to drive you home.
- You will have the option to take a relaxation pill, so please refrain from consuming beverages containing excessive amounts of caffeine or alcohol. If you are normally a coffee drinker, feel free to consume your usual amount.
- You may eat normally.
- Continue to take your usual medications unless otherwise instructed.
- Wash your face with soap and water in the morning, thoroughly clean your eyelids.
- Do not wear any facial make-up, eye make-up, and facial cream/lotion.
- Refrain from using any scented products (i.e. perfume, cologne, hairspray and scented soap).
- Do not wear large earrings, necklaces or chains because the support pillow around the back of your neck may cause discomfort from pressing on these items.
- Please dress in comfortable, casual, loose clothing. It is cool in the laser room; therefore, we recommend that you bring a sweatshirt or sweater.
- Please bring all of your eye drops and a pair of non-prescription sunglasses.

**CHANGE IN PLANNED SCHEDULE/QUESTIONS**

- In the event that your plans change and you need to reschedule please notify us immediately.
- If you have any questions, please do not hesitate to call us at (805) 987-5300

Your procedure is scheduled on:

**Date**: ____________________  **Time**: _____________ AM/PM

**Location**: _____________________________________________

You must be seen the day after surgery for a mandatory appointment. This appointment cannot be missed. Please call us to schedule if you have not already.

**Your 1 day post-op appointment is scheduled for**:

**Date**: ____________________  **Time**: _____________ AM/PM

**Location**: _____________________________________________

Updated 4/2014
INSTRUCTIONS AFTER LASIK

It is extremely important for your smooth recovery that you carefully follow your doctor’s instructions. Call the office should any concerns arise at (805) 987-5300.

UPON ARRIVAL HOME

- Take it easy for 4 hours. The relaxation medication we give you will make you tired.
- You may resume your normal diet.
- Keep your eyes closed for at least 3-4 hours except to eat or use the restroom.

EYE CARE AND MEDICATIONS

- Do not rub the eyes for at least 3-6 months following your surgery.
- If your eyes itch, notify your eye doctor during the post-operative period visit and a medication will be prescribed.
- You will receive a post-operative bag the day of surgery that will include protective shields.
- Wear the eye shields provided at bedtime (or when lying down) for 1 week. However, if you sleep on your stomach, you will need to wear the shields for 4 weeks. The shields should rest against the bones of the brow and cheek and not the eyelids.
- Do not wear eye make-up (mascara and eyeliner) for 3 days. Other facial make-up is fine.
- When removing eye make-up in the first month after surgery, do so without placing pressure on the eye. If you need further instruction please ask a member of the staff.
- You will use the following eye drops in the treated eye(s):

<table>
<thead>
<tr>
<th>Pred Moxi:</th>
<th>1 drop 3 times per day 1 week</th>
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<tbody>
<tr>
<td>Artificial Tears:</td>
<td>1 drop 4 or more times per day or as needed</td>
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WHEN PUTTING IN EYE DROPS

- Wash your hands before putting in the drops.
- Pull down your lower lid and place the drop in the pocket of the eyelid, holding the bottle tip away from the eye.
- Wait 1-2 minutes between each drop. The order that the drops are put in does not matter.
- You may experience a medicinal taste in the back of your throat after putting in drops; this is normal.
NORMAL THINGS TO EXPECT AFTER SURGERY

- It is normal to experience burning, stinging, and tearing the day and night of surgery. The symptoms may be severe.

- Vision will usually appear particularly blurry for 4-6 hours, and then begins to improve.

- For the first few months you may notice visual fluctuation, particularly when reading, driving and using the computer.

- Glare and halos around lights at night and in low light conditions are normal and will usually gradually subside over 3-12 months.

- Your eyes may feel dry for months; use artificial tears to alleviate this.

- You may notice red spots in the whites of your eyes. These are broken blood vessels from the suction ring and are nothing to worry about. These will disappear with time.

- IF YOU REQUIRE AN ENHANCEMENT FOR MAXIMAL VISION, WE WOULD TYPICALLY SCHEDULE THE PROCEDURE 3-4 MONTHS AFTER YOUR INITIAL SURGERY.

ACTIVITIES AND GENERAL GUIDELINES

- Avoid getting contaminated water into your eyes for 7 days. This includes water in bathtubs, swimming pools, hot tubs, Jacuzzi, sauna and the ocean.

- If you are not experiencing any pain when you wake, you may take a shower before your first post op appointment, being careful not to get water into your eyes.

- Do not sleep with your pets in your bed for 24 hours after the treatment. Laundered bed linens should be placed on your bed.

- Heavy workouts should be curtailed for 2 days to keep sweat out of your eyes. Light exercise is ok.

- Although it is always recommended that you wear protective eyewear for racquet and contact sports, you must wear eye protection for these types of activities for six months.

- Avoid smoky and dusty environments for 2 days (i.e. construction sites, stables, etc.)

- We recommend that you wear ultraviolet sunglasses when outdoors following surgery, particularly if you have had PRK because of the risk of haze from sunlight.

- If in doubt about activities you can or cannot do, please call our staff.

IF YOU EXPERIENCE THE FOLLOWING, PLEASE CONTACT OUR OFFICE IMMEDIATELY AT (805) 987-5300.

- Severe eye pain after the first day
- Significant discharge
- Significant increased eye swelling
- Dramatic decrease in vision

**You must return the day after surgery for a mandatory appointment.**
This appointment cannot be missed. Please call us to schedule if you have not already.