



PREPARING FOR YOUR PROCEDURE

Your procedure is scheduled for (apx 2-3 hours)
(NEED DRIVER): _____

Arrival Time: _____

Your one day post-op appointment is on
(NEED DRIVER): _____

- Dr. Stahl will see his post-ops Friday morning between the times of 7:15 - 8:00 AM (walk-in).
- Dr. Knowles will see his post-ops on Saturday morning at 9:00 AM.

Your one week post-op appointment is:
_____ at _____ AM / PM

Your ten week post-op appointment is:
_____ at _____ AM / PM

Begin these instructions 7 days prior to your procedure.

- Remove contact lenses
- Fill the **YELLOW** and **BLUE** eye drop prescriptions you have been given so you can bring them with you on the day of the procedure.
- Take oral Flax Seed Oil capsules (1000mg) twice daily starting on the date listed above. Oral Flax Seed Oil capsules are available over the counter. (Walmart, Target, CVS, Walgreens, etc.)
- Use non-preservative artificial tears (individual vials) **ONE** drop, per eye, 4 times daily starting on the date listed above and continue until procedure. (Breakfast, Lunch, Dinner, and Bedtime)
NO BOTTLED TEARS!! Approved list: Refresh, Refresh Plus, Refresh Optive, Systane Ultra, or Theratears.
DO NOT use Refresh Optive **ADVANCED**, Refresh Optive Mega-3, or **ANY** bottled tears!
- APPLY FOR FINANCING**

Things to do BEFORE the day of your procedure:

- Begin **ONLY** the antibiotic drop (Zymaxid, Gatifloxacin, or Moxifloxacin) **ONE** drop, per eye, 4 times today (Breakfast, Lunch, Dinner, and Bedtime). Do not use steroid drops prior to your procedure unless otherwise directed, and continue artificial tears.
- Read your consent forms.
- Contact your bank to remove fraud alerts.
- You will **NOT** be allowed to drive for 12 hours after your procedure, so you should arrange for someone to drive you home afterward as well as to your one-day post-op appointment.

The NIGHT BEFORE your procedure:

- Clean eyelids/eyelashes the night before your surgery using one of your eyelid scrubs. No make-up once starting lid scrub.

ON THE DAY of your procedure BEFORE YOU LEAVE HOME:

- Continue taking all of your regular medications unless specifically instructed otherwise.
- Clean eyelids/eyelashes thoroughly using one of your lid scrubs.
- Do not wear makeup, moisturizers, perfume/cologne.
- Eat a light meal before the procedure.
- Wear comfortable clothing and low heeled shoes. No fuzzy fleeces, sweaters, or anything that sheds fibers. Preferably no pullover sweatshirts or dresses.
- Expect to be at our office for two hours.

BRING THESE ITEMS WITH YOU TO YOUR PROCEDURE:

- Your prescription eye drops
- Your scheduling folder that includes your aftercare guide, consents and quote card.