

## PREPARING FOR YOUR PROCEDURE

**Remove contact lenses on:** \_\_\_\_\_

**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 one month 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.

- 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!**
- 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.)
- 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 Vitamin C (500mg) once daily starting on the date listed above and continue for 6 months after surgery.
- **APPLY FOR FINANCING**

### Things to do BEFORE the day of your procedure:

- Begin **ONLY** the antibiotic drop (Zymaxid, Gatifloxacin or Vigamox) **ONE** drop, per eye, 4 times daily the day **BEFORE** surgery. (Breakfast, Lunch, Dinner, and Bedtime). Steroid drop (Prednisolone or Pred Forte) will begin **AFTER** surgery, 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.
- Take 800mg Motrin.

### 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.
- Take 800mg Motrin.
- Do not wear makeup, moisturizers, perfume/cologne.
- Leave all jewelry at home.
- 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.
- Expect to be at our office for two to three hours.

### BRING THESE ITEMS WITH YOU:

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