



PREPARING FOR YOUR PROCEDURE

Your procedure is scheduled for (approx 2 hours)
(DRIVER NEEDED): _____

Arrival time will be set the day before surgery and texted to you.

Your one day post-op appointment is on
(approx 35-45 mins) (DRIVER NEEDED): _____

- 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:
(approx 1 hour) _____ at _____ AM / PM

Your ten week post-op appointment is:
(approx 1 hour) _____ at _____ AM / PM

Start these instructions 7 days prior to your procedure:

- No contact lens wearing.
- Fill the **YELLOW** and **BLUE** eye drop prescriptions at a pharmacy of your choosing.
- Take oral flaxseed oil capsules (1000mg) twice a day (found wherever you do your normal shopping).
- Start non-preserved artificial tears (individual vials ONLY) **ONE** drop, per eye, 4 times daily starting 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 prior to surgery day. DO NOT wait until surgery day!**
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The day BEFORE your procedure:

- Begin **ONLY** the antibiotic drop (Zymaxid, Gatifloxacin, or Moxifloxacin) **ONE** drop, per eye, 4 times today (Breakfast, Lunch, Dinner, and Bedtime).
- Continue using artificial tears.
- Read your consent forms.
- Contact your bank to remove fraud alerts/raise transactional limits. Your card will decline for anything over \$1500 (even if it is an HSA).
- 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 use antibiotic drop prior to arrival.
- Continue artificial tears.
- 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 hoodies 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.
- Payment
- Driver