



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, Vigamox,
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