



3D LASIK

Pre-procedural instructions

- **You must bring a friend/family member with you to drive you home after your procedure.**
- **If you wear contact lenses, you must discontinue wearing them prior to your procedure date, as follows:** soft lenses: 1 week; toric and lenses: 2 weeks; and rigid gas permeable (RGPs): 2 weeks plus one week for every decade you have worn them.
- Remove all eye and face makeup before your procedure.
- Do not wear perfume/cologne, fragrant deodorants or hair products to your procedure.
- Wear comfortable, warm clothing, including a shirt or sweater that either buttons or zips up in front (i.e., no pull-over clothing). Please layer your clothing, as the laser suite is kept quite cool.
- Eat a light meal prior to your procedure. (We have snacks in our office, or food is available for purchase on the third floor of our building, or from nearby restaurants, or you can bring your own food.)
- Do not drink any alcoholic beverages the night before or the night of your procedure.

Post-procedural instructions

- Plan to keep your eyes closed as much as possible for the remainder of the day/evening after your procedure, and do not drive any vehicle until the following day.
- Your first post-op visit will be scheduled as follows: if your surgery is on Monday or Wednesday, post-op is next day; if your surgery is on Friday, post-op is same day.
- You will be given prescriptions for post-op eye drops, which your driver can have filled at a local pharmacy while you are being prepped or after driving you home.
- For the first **three days/nights** after your procedure, wear the eye shield(s) while sleeping and the goggles while showering that you will be given.
- Stay out of pools, hot tubs, Jacuzzis, rivers/lakes/oceans for **two weeks** after your procedure.
- Wear protective eyewear for **two weeks** after your procedure if you are in a dusty environment.
- Avoid bumping your eye(s) for **two weeks** after your procedure.
- No eye makeup for **one week** after your procedure.

If you plan to finance, please be sure to apply **prior to your appointment date**. We offer 0% financing for 2 years through Care Credit(www.carecredit.com) and Alphaeon (www.alphaeon.com/credit). FYI, you will see interest rates on the application, but we will process your payment as 0% interest. Also, you can add a co-applicant to increase your chance of being approved, and/or to receive a higher credit limit. Bring your account number with you to your appointment (or your card, if you receive it prior to your appointment date).

Please feel free to call or email if you have any other questions. We look forward to seeing you soon.