



## *The Eye Center of Fort Wayne*

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### **LASIK Preoperative Instructions**

1. Remove soft contact lenses at least 2 weeks prior to your appointment. Hard or gas permeable lenses must be discontinued at least 4 weeks prior to your appointment. We will not perform the procedure until your eyes are stable (contact lenses change the shape of your cornea).
2. Use lid scrubs the night before surgery and the morning of surgery.
3. Fill the prescription for Zymar, but do not use until after surgery. Purchase preservative free artificial tears. Bring these drops with you on the day of surgery.
4. Arrange for a family member or friend to drive you home after your procedure. If you do not have a driver, the procedure will not be performed.
5. You may eat and drink prior to your procedure. It is important to drink plenty of water, especially 24 hours prior to your procedure. We recommend drinking an average of 5-6 glasses of water per day.
6. If you wear cosmetics, please discontinue all eye makeup 3 days prior to surgery. Please purchase new mascara for use after your procedure.
7. You must read and get answers to all questions before signing your consent form. We must witness your signature.
8. Wear comfortable clothing the day of your procedure. The laser room temperature is maintained at 68 degrees, so please dress accordingly.
9. Shower or bathe and wash your hair the morning of surgery.
10. **DO NOT** wear perfume/cologne, heavily scented lotions, deodorants, or after shave the day of your procedure. The fumes may interfere with the laser optics.
11. Do not swim or soak in a hot tub within twenty-four (24) hours of surgery.
12. Wear your sunglasses for the first 24 hours indoors and outdoors
13. Doctor recommends you purchase sunglasses with UV protection to wear for the next year when you are outdoors.

### **IMMEDIATELY FOLLOWING YOUR PROCEDURE**

1. **DO NOT RUB YOUR EYE(S)**
2. The more you can sleep the first 48 hours after the surgery the more comfortable you will be.