

LASER SURGERY PREPARATION GUIDE

The following will guide you through each step prior to, during, and after the procedure.

BEFORE YOUR PROCEDURE

- ❑ Your procedure appointment is scheduled for _____ at _____. Please arrive at the Maloney Vision Institute at this time. You need to arrive at your scheduled appointment time and not earlier, unless you are otherwise instructed to do so.
- ❑ If you must reschedule or cancel your scheduled procedure, please notify us at least 48 hours in advance.
- ❑ Arrange to have someone drive you home. You cannot drive yourself.
- ❑ If you wear contact lenses, do not wear them in the eye(s) to be treated for 24 hours prior to your procedure.
- ❑ Please remove all eye and facial make-up before you come in for your procedure. Do not wear fragrances, perfumes, colognes, scented lotions or gels on the day of your procedure.
- ❑ Eat a very light meal at the mealtime prior to your procedure.
- ❑ Wear warm, comfortable clothing. The procedure room is kept cool.

ON THE DAY OF YOUR PROCEDURE

- ❑ Plan to pay when you come in, unless you have made prior arrangements. The cost of the procedure will be _____ per eye. You can pay for the procedure by cash, personal check, VISA, Master Card, Discover Card, American Express, or a pre-approved payment plan. *Payment plans must be applied for and approved at least 3 days prior to your procedure date.*
- ❑ The procedure will take about 5 minutes per eye.
- ❑ Your expected time of stay at Maloney Vision Institute is 1 ½ to 2 hours.

- ❑ You will be offered a sedative to help you relax.
- ❑ You will be given a kit that contains your aftercare eye drops. If you are having LASIK you will also be given a pair of protective goggles.
- ❑ One of our technicians will prepare you for the procedure by administering antibiotic drops and cleaning the area around your eyes.

THE PROCEDURE

- ❑ We will escort you into the surgical suite, position you under the laser, and your surgeon will perform the procedure.
- ❑ Numbing drops will be administered to insure that your procedure is pain-free.
- ❑ You will be asked to focus on a red light.

AFTERCARE

- ❑ Following the laser treatment you will relax with your eyes closed for approximately 20 minutes.
- ❑ We will examine your eye(s) prior to sending you home.
- ❑ You may have a bandage contact lens on the eye(s) for comfort which will be removed during your 1-day aftercare visit.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 1 week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh make-up; old mascara and eyeliner accumulate germs. You may resume wearing the make-up you already have after 1 week.
- ❑ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.

LASIK PATIENTS ONLY:

- ❑ Do not rub the treated eye(s) until the next day.
- ❑ After examining you, we will place protective goggles over your eyes before we send you home. Keep your eyes closed as much as possible for the first 4 hours after the procedure, although you can open them to walk to the car or go to the bathroom. You can nap for the 4 hours if you prefer.
- ❑ After 4 hours you can remove the goggles and open your eyes. Replace the goggles at bedtime and wear the night of your surgery.
- ❑ Your vision will be foggy for at least 4-6 hours after the procedure.
- ❑ Plan on having a follow-up appointment the day AFTER your procedure.
- ❑ Most patients are able to go to work the next day.

FLAPLESS LASIK (PRK) PATIENTS ONLY:

- ❑ Do not rub the treated eye(s) for 1 week after your procedure.
- ❑ A bandage contact lens will be placed on your eye to help healing. It will remain on the treated eye until the eye doctor removes it.
- ❑ Plan on having a follow-up appointment the day AFTER your procedure. Also plan on being seen 4-6 days after your procedure.
- ❑ Plan on taking at least several days off from work. Your vision will be very blurry.