

What You Need To Know Before Refractive Surgery

Host of Emotions:

The most natural emotional response before your surgery is a mixture of both eager anticipation and nervousness. Most of our patients describe similar feelings before their refractive surgery, so be reassured that this is normal.

Important things to remember:

- ?? Hard or gas permeable contact lenses must be removed at least 3 weeks prior to your surgery. Patients may wear a disposable soft contact lens or glasses in the interim. Soft contact lenses must be removed at least 3 days prior to surgery.
- ?? You will be given a prescription for antibiotic eye drops when you schedule your surgery. Use one drop four times a day the day prior to the surgery, and one drop the morning of your surgery. (If your surgery is scheduled in the afternoon, use an additional drop at 12:00 noon.) **PATIENTS PLANNING INTRALASIK WILL ALSO BE GIVEN A BOTTLE OF STEROID (anti-inflammatory) DROPS AS WELL TO BE USED ON THE SAME SCHEDULE AS THE ANTIBIOTIC DROPS. WAIT 15 MINUTES BETWEEN THE TWO TYPES OF DROPS.**

Surgery Preparation

- ?? No eye make up is permitted on the day of surgery or for one week following the surgery.
- ?? Also remember, no swimming for two weeks and no hot tub activity for one week after surgery.
- ?? Both men and women should clean around your eyes the night before and the day of your surgery. Use a hot compress, without burning the eyes, **for approx. 4-5 minutes. Massage lightly the upper lids downward and the lower lids upward. Then clean at the base of the lashes.** This is to drain the mucus and oils from glands in your eyelids. **Just cleaning of the outside of the lids is not sufficient.** If your lids and lashes are not properly cleaned, your surgery may be cancelled.
- ?? Wear loose comfortable clothing appropriate for a temperature of 65-70 degrees in the surgery area. If you have long hair, leave your hair down. Do not pull it back in a pony tail or bun.
- ?? **Do not wear cologne, perfume, scented hairspray or aftershave on the day of surgery. The laser is sensitive to odors.** You will not be able to have your surgery if your body or hair has a detectable smell.

Keep your personal belongings to a bare minimum. You will be moving from one area to another and we cannot be responsible for purses, books, radios, etc.

There are no restrictions on eating, drinking or medications before surgery. Alcohol and medications that may produce drowsiness should be avoided. We suggest that you have a light meal before coming to the office. Please ask one of our staff if you have any questions or concerns

You will need to bring a driver with you or arrange for transportation home, we will be happy to call a friend or taxi service for you. **Expect to be at the office for two -three hours on the day of surgery.**

Bring your consent form with you. You should have read it and answered the True / False questions at the back. Do not sign the form until you are in our office and one of our employees can witness your signature.

You may pay for your surgical procedure with cash, personal check, MasterCard, Visa, American Express or Money Order. **Payment plans must be arranged prior to the surgery day with our Education Director.**

What To Expect The Day Of Your Refractive Surgery

When you arrive for your surgery:

- (1) Check in with the receptionist.
- (2) Make payment for your surgery.
- (3) Give your completed consent form to the front desk. Make sure that you have read, signed and understand the form. Feel free to call the office prior to your surgery day if you have any questions.
- (4) Inform your driver or companion that you will be at the office for at least two hours.
- (5) After your check-in is complete, you will then be taken into the patient preparation area:

Antibiotic and anti-inflammatory drops will be placed into your eyes prior to your surgery. Your eyes will then be checked for any debris, oil or mucus. **Make sure you have performed your hot soaks and massage prior to checking in.** We will review your post operative instructions and you will be given an oral relaxing medication. We will ask you to wait in our movie area until your relaxing medication has become effective and the surgery staff is ready for you.

You will then be moved to the surgery preparation area for antibiotic cleaning and additional drops. The drops to numb the surface of the eye act immediately and you will receive more than adequate the dosage necessary to perform the surgery. Even if you are only having surgery on one eye, we often place numbing drops in both eyes to help relax the blink reflex during surgery. **It is very rare to react to any of these drops, but if you have a history of any allergies to medications, please inform our staff.** Your LASIK is then performed. If you have any detectible dryness, Dr. Tylock may place bandage contact lenses on one or both of your eyes postoperatively. These lenses are to remain on your eyes until removed by our staff the following day at the time of your post operative visit.

Directly after surgery, we will have you rest with your eyes closed for 20-25 minutes. Your eyes will then be rechecked to make sure everything is satisfactory before we release you.

AFTER SURGERY

Before you leave, our staff will apply clear shields over your operated eye(s). You will be given sleeping pills and acetaminophen (Tylenol) pain pills then released to your driver. **Go home and go to sleep.**

We would like you to keep your eyes closed as much as possible. This helps minimize the friction between the eyelids and the surface of the eye. This is especially important for the first 12 hours following surgery.

If your eyes are dry, close your eyes and try to sleep. If your eyes continue to be dry, you may put in one or two drops of artificial tears as often as you like. This reduces the friction that we are trying to avoid. Remember to wear your shield while sleeping or napping. Do not rub or bump your eyes.

After surgery, your eyes may burn and tear. This is an indication of dryness and common after lasik surgery. If you experience this type of discomfort, take your acetaminophen and sleeping pills. A hot, wet wash cloth can also be soothing. The best relief is obtained by sleeping.

**Please feel free to call our office if you have any further questions or concerns.
We will be happy to discuss these with you. (972) 258-6400.**