



“Procedure Day”

1. Please arrive at your scheduled appointment on time.
2. Please have your prescription filled and bring your kit ONLY if you have questions about the drops.
3. All cellular phones and pagers need to be left with your designated driver, before you enter the recliner area.
4. **Please do not wear eye make-up the day of the procedure.**
5. **Please do not wear perfume, cologne, or heavily scented creams or lotions on the day of your procedure.**
This may alter the results of your procedure
6. Wear comfortable “non-fuzzy” clothing.
7. Your time in the Recliner Room will be spent with your eyes closed. You will be unable to read or work at this time.
8. **Prior arrangements must be made for someone to drive you home after the procedure.** Your driver is welcome to stay and view your procedure, or they can drop you off and we will call them 30 min. before you are ready to LEAVE.
9. **Anticipate a 2 – 2 1/2 hour stay in our office.**
10. On the day of your procedure, medications are most effective with liquids and fruits.
 - a. Eat a normal breakfast (ok to drink 1 cup of coffee)
 - b. If you normally do not eat breakfast, please eat something light.
 - c. **NO SOLIDS AFTER 9:00AM.**
 - d. Suggestions for a light lunch: Jell-O, soups, yogurt, and fruit
 - e. Avoid caffeine and bread products at after 9:00 am
 - f. **You CAN EAT anything you want AFTER the procedure.**
11. **Do not use contact lenses between your pre-test day and your procedure day.**
They could alter the results of your procedure.
12. Please do not bring children.
(For best medication effects, all patients should remain quiet, calm, and relaxed.)
13. Feel free to call our office if you have any questions at 713-984-9777.



After Your Procedure

After You Leave International Eyecare Laser Center:

1. You should expect your vision to be hazy or smoky immediately after your procedure. This is normal and will clear up in several hours.
2. **After the procedure, keep your eyes closed for 4 hours. The 4 hours start from the time of your procedure and it includes the time on your way home.**
It is VERY important to keep them closed on the way home.
3. Start your drops **AFTER** the 4 hours and use the Refresh Plus every 15 minutes while awake.
4. Use Refresh PM Ointment right before you go to sleep that night.
5. Do not remove your eye goggles the day of your procedure, except to medicate your eye(s).
6. If you experience any increased redness or unusual eye pain that is not relieved by artificial tears or Acular, please call the doctor. **The office number is (713) 984-9777.**

The Days After Your Procedure

1. You may return to any normal activity the following day.
2. **AVOID RUBBING YOUR EYES.** You can blot down gently to dry.
3. Showering and washing your face the next day is fine.
You might still have ointment in your eyes from the night before and it's perfectly fine to **rinse out the ointment with tap water in the shower.**
4. Avoid eye make-up, especially eyeliner and mascara, for **3 –4 days**.
5. Try to avoid dusty or smoky environments.
6. **No swimming, scuba diving, water sports or hot tubs for 2 weeks.**
7. Use protective eyewear for sports / outdoor activities.
Review any extreme contact sports with the Doctor.
8. Please wear your eye goggles at bedtime for **3 – 4 nights** to prevent any accidental pressure or rubbing while asleep.
8. You may experience some light sensitivity. Wear your sunglasses when necessary.



Why Artificial Tears After Your Procedure?

Virtually everyone who has a refractive procedure experiences some temporary decrease in tear production after the procedure. The tear layer that coats the eye is one of the most important components of the visual system. Without a smooth tear film, vision may be blurry, hazy or fluctuate. After a refractive procedure, the unstable tear film is usually temporary, assuming you didn't have a dry eye problem to start with. **Good artificial tear therapy following your procedure accelerates rapid visual recovery, increases comfort, and can help guard against regression during the rehabilitation process.**

We strongly recommend artificial tear therapy for our Refractive patients to accelerate good visual stabilization and to facilitate a better result. You can not overuse or overdose on your artificial tears. Every patient's healing is different and some patient might need to continue to use the artificial tears until the 3 month check.

Day of procedure thru day 7	<u>Refresh Plus</u> - <u>Refresh PM</u> Ointment-	1 drop as often as possible. Apply inside the lower lid at bedtime.
After day 7	<u>Refresh Tears OR</u> - Any tears of choice	Continue until advised to stop by the doctor
	<u>Refresh PM</u> Ointment-	Continue to apply at bedtime unless advised to stop.

Tears to choose after day 7: Refresh, Thera tears, Systane, Smooth (do not buy store brand)
Options for bedtime gel or drops: Genteal Gel, Celluvisc or Lacrilube Ointment, Liquigel.

* Remember

- A drop lasts 15 minutes
- Ointment has an 8 hour duration of action
- **You can rinse the gel out in the shower or with artificial tears**
- If you are experiencing excessive dryness in the morning, avoid sleeping under a ceiling fan.



INTERNATIONAL EYECARE
LASER CENTER
YOUR DROPS

It is important that you use your medications exactly as prescribed.
If you have any questions, please do not hesitate to ask our staff.

•Allow 5 minutes between drops **•Do not apply any drops directly onto the eyeball**

- Zymar** - (Prescription) ***1 drop 4 times a day*** for ***5 days only*** counting day of procedure.
(Easy to remember; breakfast, lunch, dinner and bedtime)
- Pred-Forte-** (Provided) ***1 drop 4 times a day*** until advised to stop or until the bottle is
finished. – (Shake well) (Easy to remember; breakfast, lunch, dinner and bedtime)
- Refresh Plus** (Over the counter) **1** drop as often as possible for the 1st week. Then any
Artificial tear of your choice thereafter **until advised to stop**
- Refresh PM-** (Over the counter) Apply inside lower lid at bedtime until advise to stop.
- Acular** - (Provided) 1 drop every 2 – 4 hours **only if needed** for discomfort