

Instructions

Before Your Procedure

In order to maximize the safety and efficacy of your laser surgery, it is necessary to properly prepare prior to the surgical day.

Please follow these instructions carefully so as to help us achieve the very best possible result.

1. No eye make-up whatsoever for three days prior to, and three days following the eye surgery.

2. No contact lenses for **at least 3 days** prior to surgery.

3. It is important that the eyelids and lashes be free of residual make-up and the oils and particles normally found at the base of the eyelashes. Accordingly, you must cleanse the eyelid at the base of the eyelashes twice a day for one week prior to the surgery.

Please purchase a box of specially formulated eyelid scrub pads which are available over the counter without a prescription at any pharmacy. If the scrubs are not available, you can place a small amount of Johnson and Johnson Baby Shampoo on a clean wash cloth, add water to create a lather and shampoo the lashes. Then rinse with warm water - pat dry - twice a day for 1 week.

4. We will give you a prescription for either Vigamox, Ciloxan, Zymar or Ocuflax eye drops. Please begin using them 3 times a day starting 3 days before your laser procedure, unless instructed by our staff **not**

to use these drops.

5. **Do not** use lid scrubs or drops on the day of surgery.

6. Take one (1) 300mg Neurontin (gabapentin) pill, and 1000mg of Vitamin C the morning of your laser.

LID SCRUB DIRECTIONS

a) Apply a warm compress, such as a washcloth soaked in warm water, to the closed eye for several minutes to loosen and soften the oils and loosen the particles.

b) Develop lather before opening the packet by rubbing the pouch. Open pouch and rub pad to develop more lather.

c) Close your eyes lightly and place pad along where the lashes attach to the upper lid. Rub the pad back and forth 20 times.

d) Again with the eyes closed, place pad below lashes on the lower lid, again, where the lashes attach to the lid and rub pad back and forth 20 times.

e) Do not touch the eyeball when scrubbing lashes. Using a fresh pad, repeat the procedure for the other eyelid. Thoroughly rinse both eyelids with clean, warm water and pat dry.

f) This is special soap designed to be used around the eye. It is acceptable if some soap gets into the eye.

By following these simple instruction, you will be participating as part of our team which strives to ensure that you achieve the best possible result from your laser surgery.

Thank you for your cooperation!

As always, if you have any questions, please call us at:

510-886-3937 Ext "3" (Daytime)

888-307-9038 (After Hours)

www.optimaeye.com

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