



ABELLEYES

Refractive Solutions

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Refractive Procedure Instructions

Pre-Procedure Instructions

_____ We cannot do a refractive procedure if you are pregnant, breast-feeding, or trying to get pregnant since your vision can fluctuate during that period of time.

_____ Stop wearing soft contact lenses 3 full days prior to your procedure and gas permeable/hard contacts 3 weeks prior to your procedure (as of _____).

3 days prior to your procedure (as of _____):

_____ Stop wearing mascara.

_____ Use Zymar (1 drop) 4 times a day (about every 4 hours).

_____ Use Xibrom (1 drop) 2 times a day (when you wake up and before you go to sleep).

❖ Zymar and Xibrom may be put in your eyes 5 minutes apart.

Procedure Day Instructions

_____ Please bring your payment for the procedure with you. If you are paying for your procedure, please bring it in the form of *cashier's check, cash, or credit card*. **No personal checks are accepted.** If you are financing your procedure, the individual whose name the financing has been processed must arrive with you with his/her current driver's license (unless the final financing form has been signed prior to the procedure date).

_____ Avoid caffeine, diet pills, and antihistamines 12 hours prior to your procedure.

_____ After showering, do not put lotion on your face or use any perfume, aftershave, cologne, or heavily scented lotions.

_____ Eat breakfast and a light lunch 1-2 hours prior to your arrival time. Do not consume caffeine (coffee, soda pop, energy drinks, etc.).

_____ Leave your cell phone and/or pager with your designated driver.

_____ Wear comfortable, warm clothing. We keep the laser room at a cool 68° Fahrenheit.

_____ **Prior arrangements must be made for someone to drive you home after the procedure since you will be given an oral sedative prior to the procedure.** Your driver is welcome to stay and wait in our waiting area, or he/she can drop you off and we can call them 15 minutes before you are ready to leave.

_____ Anticipate a 2-2½ hour stay in our office.

_____ Please do not bring children (for best medication effects, all patients should remain quiet, calm, and relaxed).

Post Procedure Instructions

_____ You need to sleep 4-6 hours after your procedure. Begin using your drops before you take your nap.

_____ Use your drops as directed on your Drop Instruction Sheet. The drops will help your eyes heal, keep your eyes more comfortable, and prevent infection.

_____ On the evening after your procedure, do not rub your eyes, read, use a computer, play video games, or play computer games, as these activities can strain your eyes.

_____ For 4 days following the procedure, do not rub your eyes, swim, wear eye make-up, tan in a tanning bed, or participate in contact sports. Discuss any contact sports in which you participate with the doctor.

_____ If you had ASA, do not rub your eyes for at least 10 days following the procedure.

_____ Wear your sunglasses when necessary.