



Come to Suite #1 the day of surgery

## **PRK/LASEK DAY OF PROCEDURE INSTRUCTIONS**

With MMC ☐

No MMC ☐

- ◆ Start immediately upon scheduling your surgery: \*\*\*Vitamin C 500mg twice a day
  - ◆ **Begin Medrol Dose Pack/Methylprednisolone morning of surgery (2 tablets with breakfast.)**
  - ◆ Shower or bathe the evening prior to surgery or the morning of your surgery.
  - ◆ Wear loose, casual clothing. The laser room is chilly so you may want to wear something warm or bring a sweater, sweatshirt or jacket that **does not go over your head.**
  - ◆ No food restrictions. Discontinue consumption of alcoholic beverages evening prior to surgery continuing until one week post-operatively.
  - ◆ Put one drop of **Ketorolac/Acular and one drop of Zymaxid/Gatifloxacin** in operative eye(s) at home prior to departure for surgery. **DO NOT TAKE PRED-ACETATE.**  
\*\*\*\* All medicated drops are to be taken **5 minutes apart.** \*\*\*\*  
Bring Valium and all medications to the office – **do not take Valium prior to arrival.**
  - ◆ Arrange for a driver to bring you to and from the laser appointment. *You will be here for approximately an hour and a half to two hours.* **NO CELL PHONES!**
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- ◆ **\*\*\*The lasers are extremely sensitive to odors of all kinds.** The following guidelines **must be followed by all occupants of the laser suit:**
  - NO** hairspray, including scented mousse or gel, perfumes, cologne, scented body lotions and **deodorants**, pre-shave or after shave products
  - NO** scent of smoke/food odors
- ◆ **In addition, laser vision correction patients must abide by the following guidelines:**
  - NO** eye make-up on either eye (due to the high microbial content of mascara, etc., It is important that the eye area be completely free of all cosmetics)
  - NO** facial make-up including blush, scented facial creams, and moisturizers
  - NO** earrings, facial jewelry, or necklaces