

LASEK PRE-OPERATIVE INSTRUCTIONS

1. The morning of surgery, thoroughly wash all skin from the neck up with an antibacterial soap and **do not** put anything else on your skin thereafter. Wash your hair the morning of surgery and do not use any hair products such as mousse, hairspray, gel, etc., after rinsing.

Do not use make-up, perfume, skin lotion, cologne, after-shave, or scented deodorant the day of surgery.

2. You must not wear soft contact lenses for at least 2 weeks prior to surgery. Hard and rigid gas permeable contacts must not be worn for at least 4 weeks prior to surgery. Wear your glasses to the surgery center on the day of surgery.
3. If you have elected **custom** lasek, avoid excessive reading or computer work the day of surgery. This includes time spent in the waiting room at the laser facility. If you are nearsighted and have to read at all, do so without your glasses.
4. Continue any non-eye medications as usual.
5. Get a good night's sleep before surgery.
6. You may have a light meal prior to surgery.
7. Make sure you get to the laser facility on time. If you are having conventional lasek surgery, you must be at the facility at least 1 hour before your scheduled surgery time. If you elected custom lasek, you must be at the facility 1_ hours before your surgery time. Don't arrive too early; there's no point in waiting too long. Call the laser center to see if they are running on schedule. Please arrange to have someone drive you. You will also need someone to drive you to your doctor's office the day after surgery.