

Before your surgery...

1. **PLEASE REMOVE ALL EYE MAKE-UP.** You may resume wearing make-up after 1 week.
2. **PLEASE WEAR WARM CLOTHING FOR YOUR PROCEDURE.** Because the laser suite is humidity controlled, the room tends to be cool.
3. **DO NOT WEAR CLOTHING THAT FITS TIGHTLY AROUND YOUR NECK** on surgery day or the first few days after surgery, as you will want something easy to pull off that won't rub against your eyes.
4. **PLEASE DON'T WEAR ANY PERFUME OR COLOGNE.**
5. **MAKE SURE THAT YOU BRING YOUR PRESCRIPTIONS WITH YOU.** We will call in an antibiotic (Moxifloxacin) and an anti-inflammatory (Lotemax) to your pharmacy as well as a small dose of valium. Please pick up your prescriptions and bring them with you to your surgical appointment. **Do not use the medicated eyedrops or valium until instructed in the office.**
6. **BE PREPARED TO HAVE SOMEONE PICK YOU UP** and drive you home after surgery. You will be in our office a total of 1 hour on surgery day.
7. **DO NOT WEAR YOUR SOFT CONTACTS FOR 5 DAYS,** toric lenses for 2 weeks or hard contacts for 4 weeks before surgery.

About your eye drops...

1. **Moxifloxacin/Vigamox** is an antibiotic drop. This is typically used for 1 week. **Our office will write / call in a prescription.** Please bring the eye drop with you on surgery day.
2. **Lotemax** is an anti- inflammatory drop. **Our office will write / call in a prescription.** Please bring the eye drop with you on surgery day. This eye drop is typically used for 1 month and is tapered on a weekly basis:
 - 4 x a day for 7 days THEN
 - 3 x a day for 7 days THEN
 - 2 x a day for 7 days THEN
 - 1 x a day for 7 days
3. **Preservative Free Artificial Tears** lubricate the eye and reduce tearing. They should be used every half-hour (while awake) for 1 week, and every hour for 1 month after surgery. If your eyes are dry, feel free to use the preservative free tears more frequently. **You should pick up an economy size box (70 vials +) of preservative free tears for use after surgery.**

QUICK REFERENCE GUIDE

DAY	MOXIFLOXACIN/VIGAMOX	LOTEMAX	ARTIFICIAL TEARS
1	3 times (after surgery) use with Lotemax	3 times (after surgery) use with moxifloxacin	1 drop every ½ hour (while awake only)
2 - 7	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	1 drop 4 times per day (breakfast, lunch, dinner, bedtime) – THEN tapered per week (3, 2, 1)	1 drop every ½ hour (while awake only)

USING YOUR EYEDROPS

- Wash your hands before instilling any drops.
- Shake your bottle before using it.
- Only one drop per eye is required. If you think you missed your eye, feel free to place another drop in.
- Be careful not to touch your eye or eyelashes with the eye drop tip as you may infect your bottle.

MOXIFLOXACIN & LOTEMAX

- Moxifloxacin & Lotemax should be used together 4 times per day (breakfast, lunch, dinner, bedtime). Starting with surgery day as "Day 1", you should use these drops for a total of 7 days (i.e. If surgery is Thursday, you would use them up to and through the following Wednesday).
- On surgery day, we will be giving you 3 doses of Moxifloxacin before surgery. We need you to get 3 more drops of Moxifloxacin and 3 more drops of Lotemax in your eyes by the end of the day. The first set of drops (Moxifloxacin and Lotemax) should start as soon as you arrive home from surgery and before you lie down for your initial nap.
- It doesn't matter what order you put in the Moxifloxacin and Lotemax, just as long as you space them out about 1 minute apart (i.e. 1 drop of Lotemax then 1 minute later a drop of Moxifloxacin).
- It is not unusual to "taste" the eye drops after putting them in. Although unpleasant, this is normal.
- Lotemax is a thick eyedrop and may cause your vision to be blurry for a moment or two. Moxifloxacin is a clear eye drop.

PRESERVATIVE FREE TEARS

- These should be used every $\frac{1}{2}$ hour (while awake) during your first week after surgery and then once every hour during your first month.
- We encourage you to use these eye drops more frequently if you feel your eyes are dry. Preservative Free tears greatly help with the healing process and will help your vision improve quicker.
- If you get something in your eye within a month after surgery, such as an eyelash, please ONLY use the preservative free drops to try to dislodge it. If you can't flush it out with your preservative free tears, call your eye doctor or our office to have it removed..
- NEVER use saline solution, Visine, or any other type of eye drop during your first month after surgery unless told to do so by one of our doctors. If you require eye drops due to allergies, contact our office or your primary care physician for suggestions on eye drops that will not damage your eyes.

IMMEDIATELY AFTER SURGERY

- **DO NOT READ, WATCH TV, GO ON THE COMPUTER, GO OUT TO DINNER, ETC.,** for the remainder of the day after surgery. Rest your eyes as much as possible, and perhaps sleep or nap, during the first few hours after the procedure.
- Because your eye is still numb from the anesthetic drops, blink your eyes frequently to ensure the eyes stay moist. DO NOT "SQUEEZE BLINK", as this may damage the flap. Your eye will remain numb for about 30-45 minutes after you leave our office.
- Your eyes may feel scratchy or burn with excessive tearing. This is normal. You may consider Ibuprofen or Tylenol to help with the discomfort.
- While awake, be sure to use the Preservative Free eye drops every $\frac{1}{2}$ hour. Do not assume your eyes are sufficiently lubricated because they are tearing. This lost fluid must be replaced with preservative free tears.
- Use the goggles when sleeping for the first 5-7 nights to protect yourself from accidentally rubbing your eyes.
- Please do not drink alcoholic beverages for the first 12-24 hours after surgery. Alcohol has a drying effect on the eyes.

YOUR FIRST 7 DAYS AFTER SURGERY

- Continue to use the Moxifloxacin and Lotemax 4 times per day (breakfast, lunch, dinner and bedtime) for a total of 7 days. You may still be required to use the Lotemax on a taper schedule for 3 additional weeks.
- Use the preservative free tears every $\frac{1}{2}$ hour while awake (or more if you feel your eyes are dry).
- Driving is generally permitted 3-4 days after surgery. Let your vision comfort be a guide.
- Do not wear eye makeup for the first week after surgery. You may want to consider purchasing new eye makeup. Particularly mascara and/or eyeliner to ensure cleanliness.
- Do not touch or pat any area around the eye, particularly the first week after surgery.
- Avoid swimming, Jacuzzi's, Hot Tubs and dirty, smoky environments for at least 3-4 weeks.
- Wash your face using a washcloth being careful to wash around the eye area. When taking a shower keep your eyes closed and make every effort to prevent the shower water from hitting your face. Wearing goggles in the shower or holding a washcloth in front of your face is often helpful.
- Most normal activities are permitted and will not influence the outcome of your surgery. We suggest waiting 4-5 days after surgery for regular exercise or sports. For sports, we recommend waiting 10 days.
- Be careful to avoid sweat entering the eye. A bandana or headband while working out may assist you.
- Motorcycles and convertibles are not recommended for the first 3 weeks after surgery.
- Since airplane cabins are pressurized, flying is not a problem, however the air in an airplane tends to be dry and you may notice a need for increased use of preservative free tears.
- Although rare, it is not uncommon to see a small amount of bleeding in the whites of your eye. This is called a subconjunctival hemorrhage, or a bruise of the eye. This is not vision threatening and will resolve on its own within a few weeks.
- Be careful when removing clothing. Try to avoid clothing that fits tight around the neck such as turtlenecks for the first week of surgery, including surgery day.

Contact our office if you notice any of the following:

• Yellow stringy discharge from the eye	• A white spot over the pupil area	• Excessive burning even after using numbing drops (intolerable)
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If you have questions, don't hesitate to contact us at 603-501-5000 or in an emergency, please call our answering service at 603-964-9192 to reach the MD on call.