



## Laser Eye Centers® PRK - Pre Procedure Care

### Pre Procedure

- ❖ Contact lenses should be removed on \_\_\_\_\_.
- ❖ Please fill the prescriptions for your eye drops and bring them to the office on the day of your procedure.
- ❖ Please use an antibacterial soap for facial wash beginning two days prior to your procedure.

**ZYMAR:** Antibiotic - To prevent infection. *Please fill the prescription for the eye drop and begin using one day before the surgery.*  
**SHAKE WELL and apply one drop four times per day.**  
**You will use this drop after the surgery as well.**



**XIBROM:** Anti-inflammatory - To prevent swelling. *Please fill the prescription for the eye drop and begin using one day before the surgery.*  
**Apply one drop two times per day.**  
**You will use this drop after the surgery as well.**



**NEURONTIN/GABAPENTIN:** - To decrease discomfort. Take one pill the night before surgery, and one pill the morning of surgery.  
This will be continued three times per day.

**RESTASIS:** Your doctor may have prescribed Restasis, please use one drop two times per day. Discontinue the night before surgery. You will resume after your bandage contact lens is removed. If you have Dry Eye Syndrome, you may be on this for several months.

**Vitamin C - please take a 1000mg Tablet once daily, beginning 1 week before the procedure. If you already take a multi-vitamin, add this to your regimen.**  
**You will continue to use this for 6-8 weeks following the procedure as well.**

- ❖ Please arrive at your scheduled appointment time. If you are running late, please notify the center at (703) 556-9155.
- ❖ Wear warm, comfortable clothing, as the laser suite is kept at a slightly cool temperature.
- ❖ Do not wear any jewelry from the neck up.
- ❖ Carefully remove **ALL** make-up prior to your arrival.
- ❖ **Avoid all colognes/perfumes or fragrant lotions, and do not use any hairspray. These can affect the laser optics and functioning.**
- ❖ Please limit food and beverage to a light snack at least 1 hour prior to the procedure. Alcohol and medications, which may produce drowsiness, should be avoided as well as caffeine.
- ❖ Please bring your Consent Packet with you the day of the procedure. Your consent forms will answer many of the questions you may have about the procedure, and your surgeon will be available to answer any additional questions on the day of surgery.
- ❖ Please arrange to have someone drive you home on the day of your procedure.
- ❖ Please follow the above guidelines. Otherwise, your exam and/or surgery will need to be rescheduled.