



PRE-OP INSTRUCTION SHEET

IMPORTANT GUIDELINES

We recommend you eat a light meal but do **not consume alcoholic beverages** prior to your procedure.

You have been given a prescription for Zymar. Please get this filled prior to your procedure. (You do not need to bring it with you on the day of surgery.)

Purchase **preservative free** lubricating tears in "one-use" vials. We recommend Refresh Plus.

You may take any medication you are on as you normally do. Of course, you should have already advised the doctor or a staff member about your use of all medications. DO NOT take any sedative or similar medications that could make you drowsy before or during the procedure.

You should dress casually and comfortably. Keep in mind that the operating room is kept at a cool temperature for the laser.

DO NOT wear a fuzzy sweater, use hair spray, face or eye makeup/powder, perfume, after-shave, cologne, or scented bath gel/soaps/lotions. Please make sure you have removed necklaces, earrings and any facial jewelry.

Plan to be at the center for approximately **1-2 hours**. **We recommend you do not bring children.** YOU ARE NOT ALLOWED TO DRIVE YOURSELF HOME AFTER SURGERY. You will also need someone to drive you to your follow-up appointment the next day (usually in the morning.)

Please Note: Your Lasik procedure includes the following appointments:

- Pre-op exam
- 1 Day follow up
- 1-2 week follow up
- 2-3 month follow up

If you choose to see Dr Davis for your annual eye exams, these will be charged separately and may be covered by your medical insurance. (A one year or Life time Enhancement policy DOES NOT include the cost of annual eye exams.)

Always feel free to contact us with any questions or concerns you have in regard to your Lasik procedure at *Davis Vision Center*. (801) 253-3080.

