

***BEFORE YOUR INTRALASIK SURGERY***  
**ON THE DAY OF SURGERY**

- Arrive 30 minutes before your appointment time.
- On surgery day, you should take the whole day off, and be well rested.
- Do not wear makeup, perfume, or jewelry on the day of surgery. If you have long hair, please make sure it is tied low around the neck without a large clip.
- The LASIK suite is cold. Wear warm clothing. Avoid sweaters or clothing that leaves lint in the air.
- If you are on medications, take as usual, unless otherwise indicated by Dr. Khokhar.
- Have a light breakfast or lunch depending on your surgery time.
- Take 1 Diazepam 30 minutes *before* arriving to Sugarland Eye and Laser. You may take another valium if you are still feeling very anxious.
- No caffeine on the day of surgery.
- You must have a ride *to* and *from* the surgery center.
- Bring all drugs we have prescribed including the remaining Diazepam with you.
- If you receive a prescription for Restasis or Xiidra, start this medication 1 drop to each eye that is being treated twice a day as soon as possible after your preoperative appointment. Each vial can be recapped and used for up to 48 hours.
- **DO NOT USE RESTASIS DROPS ON THE DAY OF THE SURGERY IF THIS MEDICATION WAS PRESCRIBED FOR YOU.**

The following prescriptions will be called in to your pharmacy. See chart for use of drops on your AFTER instructions.

Drops: *Prednisolone, Gatifloxacin, Restasis (in some cases),*  
Oral: *Diazepam, Zolpidem*

## *AFTER YOUR INTRALASIK SURGERY*

- Wear the eye shields provided in your LASIK operative kit and close your eyes. Open your eyes to get to your car, close them, and have someone drive you home.
- When you get home, open your eyes to take a Zolpidem. Lie down and take a 4 hour nap with your goggles on (If you are unable to sleep, lie down with you eye's closed for 4 hours).
- When you wake up, start your eye drops per the chart below. You must wait 5 minutes between drops being applied to the same eye. Replace your shields after applying drops.
- It is normal to feel gritty and to be tearing. Keep applying the artificial tears and close your eyes for relief. You cannot overuse your artificial tears.
- Take it easy the rest of the day. You can watch some TV, etc., but don't over do it. Sleep as much as you like. But if you are sleeping during the day, don't forget to set your timer to wake you for your eye drops.
- In the evening, take another Zolpidem as needed for sleep. Sleep with your goggles for the first week. After the first day, you do not need to wake up for eye drops.
- When you wake in the morning. Your vision will be much better. Restart your drops. You will be on the "**Day 1**" (see chart) eye drops until you see us. When coming for your postoperative appointment the next day, take off your goggles and put on sunshades. Dr. Khokhar or an associate will see you.
- You may go home and shower after this appointment.
- Your vision may be somewhat foggy. Your eyes will be red. It is normal for there to be some difference in the vision between the each eye. If you notice this, do not worry. Your brain will adjust to this as time goes by.

After your surgery:	Prednisolone (SHAKE)	Gatifloxacin	Restasis	Preservative-free Artificial Tears
Day 1 (from after 4 hr nap until next day appt)	Every 2 hours while awake	4 times a day	DO NOT USE	4 times a day or more as needed
Days 2 through 7	4 times a day	4 times a day	2 times a day	4 times a day or more as needed
After 7 complete days	STOP	STOP	2 times a day	4 times a day or more as needed

## ***RECOVERING FROM YOUR INTRALASIK SURGERY***

**After your postoperative appointment**

- Use your medications as instructed.
- Remember to continue to sleep with your eye goggles for 1 week.
- You may need to use preservative-free artificial tears for 6 or more months after surgery, as your eyes may feel dry or irritated.
- Avoid any heavy lifting, very strenuous activity, and ocean / lake / pond water for 4 weeks. Avoid swimming in chlorinated pools and weight lifting for 2 weeks.
- Avoid make up, work exposures (smoke, etc), and sweating profusely for at least 1 week.
- It is normal for you to notice that one eye may be clearer than the other. After several weeks, a combination of healing and your brain adapting will allow your eyes to work better together so that this difference is no longer noticed.
- Avoid rubbing your eyes vigorously after the surgery, for the first 6 months.
- If you were told that you would need reading glasses after surgery, visit our optical to obtain some. Your near vision may be worse than it will be in a few days as it takes some time for the eye muscles to adjust. Consequently, the reading glasses you need on the first day may not be the same as the ones you will need after a week.
- You need to protect your eyes from ultraviolet light. Use the voucher that we will provide you to obtain quality sunglasses with good ultraviolet protection from our optical. Our optician will be happy to help you with this.
- Remember that 3-6 months may pass before your vision stabilizes.
- Enjoy the freedom from your glasses or contact lenses.
- If you have any concerns, don't hesitate to come see us. All visits related to your surgery are covered for one year from the date of surgery. **PLEASE NOTE THIS NOT INCLUDE ANNUAL COMPREHENSIVE EYE EXAMS.**

# SAY CHEESE!



Having laser vision correction is a life changing experience. We'll take a picture of you with our team when you're done with the procedure, so you can always remember the big day. To receive your picture:

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