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Pre-Operative Instructions for LASIK

We understand that this surgery may be a new experience for you. When you arrive at The Center For Surgery, we will do all we can to make it a positive experience. We ask that you please adhere to the following guidelines so that together we can make the day of the procedure as stress-free as possible.

- 1** Bathe or shower the evening before or the morning of your procedure.
Wash your face and eyelids with soap.
- 2** All eye make-up including mascara will need to be removed prior to your procedure. Please perform lid scrubs on both eyelids: fill the cap from a bottle of baby shampoo with warm water and a few drops of baby shampoo. With a Q-Tip or cotton swab, gently rub your upper and lower lashes with the mixture of water and baby shampoo. Rinse thoroughly with warm water.
- 3** Eat a light snack before your procedure. Because this procedure will require you to lie on your back for approximately 30-40 minutes, we ask that you please refrain from milk products and caffeine. If you take medications on a daily basis, please take them as usual on the day of the procedure unless instructed otherwise by your doctor.
- 4** PLEASE DO NOT WEAR MAKE-UP, HAIR SPRAY, PERFUME, COLOGNE, OR AFTERSHAVE the day of your procedure. These products all affect the performance of the laser.
- 5** Dress comfortably. The procedure room may be cooler than the actual outside temperature. Warm blankets will be provided for your comfort.
- 6** You **MUST** bring a responsible adult 18 years or older to drive you to and from this procedure.
- 7** Do **NOT** wear contact lenses the day of your procedure.