

BEFORE & AFTER LASIK SURGERY

Patient Instruction Booklet



Precision Focus...From Every Angle.


cascadiaeye

www.cascadiaeye.com

Welcome To Cascadia Eye!



This booklet is here to help you prepare for your LASIK surgery and guide you in your post-operative care. Our doctors and staff are available to help you with any questions you might have as well; contact information is provided on the last page. We want your experience to be as comfortable as possible. Thank you for choosing Cascadia Eye, and we hope to see you again soon!

APPOINTMENT SUMMARY

DATE	TIME	EVENT
_____	_____	Surgery
_____	_____	1 month post-op
_____	_____	6 month post-op

The appointment summary listed above is only a general guideline for post-operative care. Your surgeon may want to see you more or less often, depending on your healing process. If at any time you feel you need to be seen by your doctor, please do not hesitate to give us a call.

(360) 424-2020



LASIK SURGERY PRE-OPERATIVE INSTRUCTIONS

We are pleased that you have chosen to have your refractive procedure with Dr. Carlindo Pereira. Please read and follow these instructions prior to your procedure. If you have any questions or concerns prior to surgery day, you may call **(360) 424-2020** and our Refractive Surgery Coordinator will be happy to speak with you.

AT LEAST **2 WEEKS** PRIOR TO YOUR PROCEDURE.

1. CONTACT LENSES SHOULD BE DISCONTINUED.
2. Arrange for a driver on your surgery day. Plan on being in the surgery center for 1-2 hrs.

STARTING **THREE DAYS** PRIOR TO PROCEDURE

1. You will be taking drops after your procedure. We have sent your prescriptions to your pharmacy, so make sure to pick up your drops at least three days prior to your procedure. You will also want to purchase a sports gel pack and OcuSoft wipes from your pharmacy.
2. Discontinue any antihistamines (cold/allergy medicines)
3. LID SCRUBS: Perform this procedure twice a day starting 3 days prior to surgery.
 - Place a warmed gel sports pack or dry rice-filled bag over both eyes for five minutes.



LASIK SURGERY PRE-OPERATIVE INSTRUCTIONS, cont.

Lid Scrubs, cont.

- Pull the upper lid tight by applying pressure on the outer part of the eye with your non-dominant hand and pulling toward your ear.
- With your free hand, firmly run a clean finger across the lid margin of the upper lid. Start at the inner margin of the eye closest to your nose and press outward toward your ear. Perform this three times each for both the upper and lower lids. This will empty the oil glands that are found near your lashes.
- Using OcuSoft wipes, gently scrub your lashes with your eyes closed to remove any oil and debris that has been expressed from your oil glands.

** Instructional videos are available at
www.cascadiaeye.com/patient-information/video-library.*

THE DAY OF THE PROCEDURE

**Your surgery will take place at the Harman Eye Clinic:
903 Medical Center Drive Arlington, WA 98223**

4. PLEASE BRING YOUR EYE DROPS ON SURGERY DAY.
5. Do not wear perfume/cologne, make-up, eyelash extensions, or jewelry on the day of your procedure.
6. Wear comfortable clothes (the laser room is kept cool).

**Valium (if prescribed) should be taken when instructed at the surgery center on the day of the procedure.*

LASIK SURGERY POST-OPERATIVE INSTRUCTIONS

We do not anticipate that you will have any difficulty after your surgery. Should you need to speak with someone, feel free to call us at **360-424-2020** during clinic hours. Outside of regular clinic hours, you may call your surgeon at:

Dr. Carlindo Pereira: 360-770-8672

1. It is important that you **DO NOT RUB YOUR EYE(S)**.
2. You will receive a prescription for 1 Vicodin tablet. Take this tablet within 30 minutes after your procedure for pain. To avoid nausea/vomiting, do not take on an empty stomach.
3. For the first 2 weeks after surgery, use the eye shield while you are sleeping — even naps.
4. Avoid getting tap water in your eyes. No swimming or hot tubs for 2 weeks.
5. Do not wear eye makeup for one week after surgery.
6. We recommend the use of over the counter, preservative free, artificial tears. For the first week, use of these tears every hour is recommended. Some artificial tears will be provided in your post-op kit, but you may also want to purchase a box of your own. Any brand of PRESERVATIVE FREE artificial tears is fine. In rare cases, a significant dry-eye condition may develop. In this case, treatment for the condition will be treated separately with additional drops or plugs and billed to your insurance. This is considered to be a separate condition from your regular post-op care.

LASIK SURGERY POST-OPERATIVE INSTRUCTIONS, cont.

7. Drop Instructions:



■ DROP 1: Polytrim or Vigamox/Moxifloxacin

Use each drop in the operative eye(s) 4x daily for one week.



■ DROP 2: Pred Forte

Use each drop in the operative eye(s):

- 4x daily for one week
- 2x daily for an additional week.



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POST-OPERATIVE DROP SCHEDULE

Start date: _____

Week 1:

DROP 1: Daily ____ ☒

DROP 2: Daily ____ ☒

	Breakfast	Lunch	Dinner	Bedtime
Day 1	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 2	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 3	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 4	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 5	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 6	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Day 7	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>

Week 2:

DROP 2: Daily ____ ☒

	Breakfast	Dinner
Day 1	<div><div></div></div>	<div><div></div></div>
Day 2	<div><div></div></div>	<div><div></div></div>
Day 3	<div><div></div></div>	<div><div></div></div>
Day 4	<div><div></div></div>	<div><div></div></div>
Day 5	<div><div></div></div>	<div><div></div></div>
Day 6	<div><div></div></div>	<div><div></div></div>
Day 7	<div><div></div></div>	<div><div></div></div>

PLEASE TAKE YOUR DROPS
UNTIL INSTRUCTED TO STOP.

LASIK SURGERY

DISCHARGE LETTER

After your surgery is complete, you will be moved to a recovery area. You will be asked to stay here until your doctor feels that you are able to go home. Usually, this is under an hour. At this point your vision will be blurry, as if you are looking through water. You will have enough vision for walking around, but not enough for driving.

After the numbing medicine wears off your eyes may begin to burn, feel scratchy, or you may feel like you have an eyelash in your eye. You may also be very light sensitive. Sometimes, one eye may be more uncomfortable than the other. These are normal sensations. Remember that your doctor wants you to recover without any problems, so be sure to report anything that feels abnormal or “not right.”

You should rest for the remainder of the day and apply your eye drops as directed. Your vision may not be perfect at this time but should begin to recover over the next 24 to 48 hours. Most people are able to return to work and driving within 24 to 48 hours after recovering from LASIK.

To minimize the chance of infection keep your hands clean and away from your eyes when instilling drops. Avoid hot tubs or swimming pools for 2 weeks, avoid wearing eye makeup for 1 week, and use the eye drops as directed. It is also very important to **avoid rubbing your eyes at all times.**

LASIK SURGERY

DISCHARGE LETTER cont.

For the first week after surgery you must wear the clear plastic eye shields whenever you are sleeping, including naps. This will protect your eyes from any unintentional rubbing.

Occasionally, small red areas over the white part of your eye may appear. These are caused by the pressure of the suction ring. These are harmless but may take a week or two to go away.

Call your doctor if:

- You have a steady decrease in vision
- You experience a steady increase in pain, or the pain becomes intolerable even after taking pain medication.

**2100 Little Mountain Lane
Mount Vernon, WA 98274**

Phone: (360) 424-2020

Fax: (360) 424-6954

Toll Free: +1 (866) 856-1505



NOTES

CONTACT US



REFRACTIVE SURGERY COORDINATOR

lasik@ncascade.com

2100 Little Mountain Lane
Mount Vernon, WA 98274

www.cascadiaeye.com

Phone: 360-424-2020

Fax: 360-424-6954

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