



## HILL COUNTRY EYE CENTER

### Pre-Op Instructions for LASIK, PRK, and LASEK

- 1) If you are allergic to iodine, betadine, or latex let us know immediately.
- 2) You must be out of your contacts for a minimum of 1 week prior to your procedure if you wear soft lenses, 2 weeks if you wear toric lenses, and 4-8 weeks if you wear hard or gas permeable lenses. Please consult your doctor for specifics.
- 3) Discontinue all antihistamine, decongestant, and allergy medication at least 24 hours before your procedure.
- 4) Do not use any eye drops the day of your procedure prior to arrival at the surgery center.
- 5) Please thoroughly wash your face and hair the day of your procedure.
- 6) Remove all eye and facial make-up the night before surgery. Do not apply any make-up, face lotion, sprays, perfume, or cologne on the day of your procedure (no scents).
- 7) Wear comfortable clothing and no jewelry to the surgery center.
- 8) Eat something light prior to arrival at the surgery center.
- 9) Stay hydrated.
- 10) Wear warm clothes to your procedure. The surgery center is cold.
- 11) Our staff will provide you with the option of taking a sedative (e.g. Valium) prior to surgery in order to put you at ease. You will also be asked to take Ibuprofen unless your stomach is sensitive to the medication
- 12) Because we are administering a sedative, someone must drive you home from surgery. If a responsible adult is not present to drive you home at the time of your procedure, the procedure will not be performed.
- 13) Plan on being at the surgery center for 1.5 to 2 hours on the day of surgery.
- 14) The cost of your procedure will be collected in full on the day of surgery. If you are paying by personal check, payment must be collected and verified in advance. We accept Visa, MasterCard, American Express, Discover, cash, check, money orders, cashiers checks, as well as flex, health, and medical spending accounts.
- 15) You will have follow-up appointments at 1 day, 1 week and 1 month. Please arrange your schedule to accommodate your follow-up appointments. You may not need a driver for these appointments.
- 16) PRK and LASEK patients: Vitamin C 2500 mg per day start 1 week prior to procedure day

**\*Call the office M-F 8a-5p with questions or concerns: 512.927.2020**