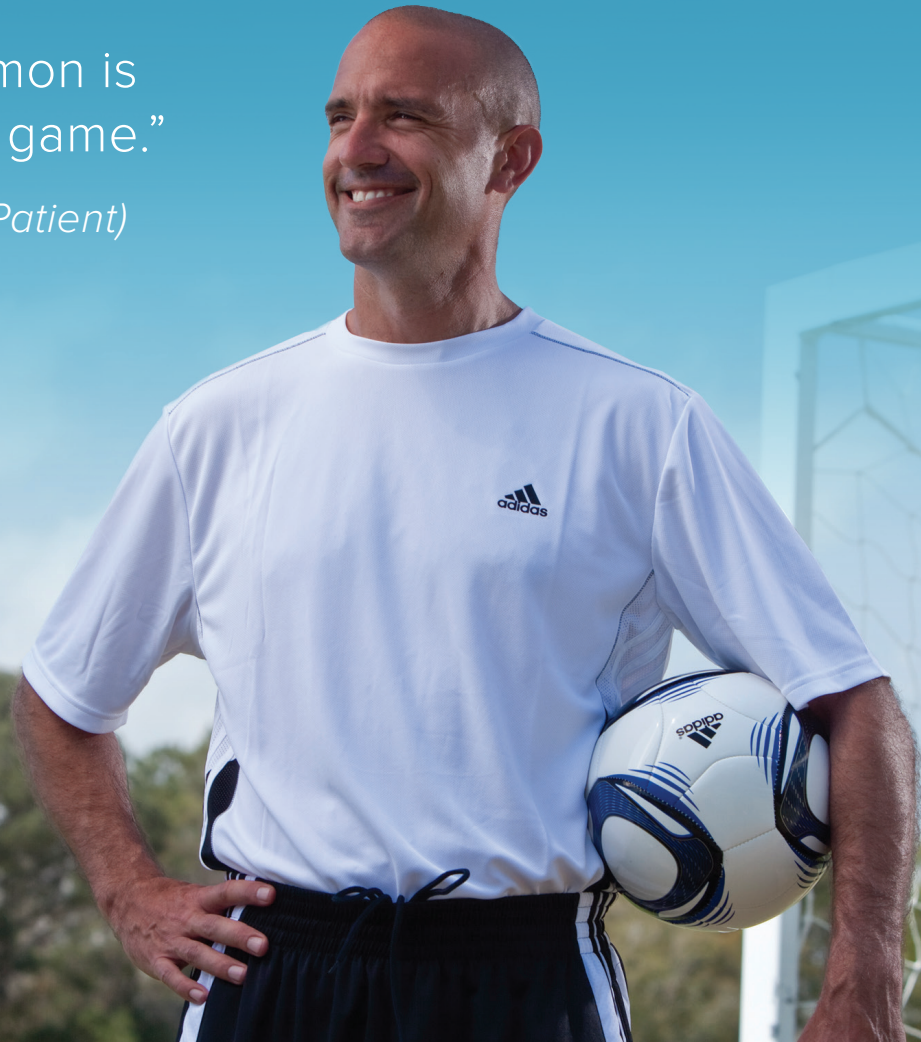




KERRY SOLOMON, MD

“I think Dr. Solomon is
at the top of his game.”

- **Dusty H.** *(Actual Patient)*



**Your Blade-Free Custom LASIK
or Custom PRK Procedure**



Thank you for choosing Dr. Kerry Solomon for your LASIK or ASA/PRK procedure.

We want you to know what to expect before, during and after your procedure and have provided this booklet to help you prepare. You will need to refer to this information, so please keep it at hand.

If you are having an ASA/ PRK procedure:

Your instructions are very similar to those for the LASIK procedure. However, there are a few differences, which we have noted in green boxes like this one.

Remove contact lenses on _____ before

Your Testing/Dilation appointment scheduled for (approximately 2-3 hours):

_____ at _____ AM / PM

On the day of this appointment do not use eye drops or eye make-up.

Amount due at testing appointment: \$ _____

Your procedure is scheduled for (approximately 2-3 hours):

_____. *You will be called 1 week in advance with arrival time.*

Your one day post-op appointment is:

_____ at _____ AM / PM

Your one week post-op appointment is:

_____ at _____ AM / PM

If co-managed please schedule this appointment with your doctor.

Preparing for your procedure

Things to do BEFORE the day of your procedure:

- ☐ Fill the eye drop and oral medication prescriptions you have been given so you can bring them with you on the day of the procedure.
- ☐ You will NOT be allowed to drive for 12 hours after your procedure, so you should arrange for someone to drive you home afterward.
- ☐ Adjust your schedule to allow for one day to recuperate from your LASIK procedure.

If you are having an ASA/PRK procedure,
allow 2 to 5 days for recuperation.

ONE WEEK before the day of your dilated exam: _____

- Use one drop of artificial tears four times a day. Continue use until the day of procedure. **However, DO NOT USE eye drops or make-up the day of this appointment.**

THREE DAYS before the day of your procedure: _____

- Begin eye lid scrubs twice a day (AM and PM). These can be purchased over the counter at your local pharmacy. **No make-up once starting lid scrubs.**

ON THE DAY of your procedure BEFORE YOU LEAVE HOME:

- Continue taking all of your regular medications unless specifically instructed otherwise.
- Do not wear makeup, perfume, cologne, hairspray or gel.
- Leave all jewelry at home.
- You may eat a light meal before the procedure.
- Wear comfortable clothing and low heeled shoes.
- Expect to be at our office for approximately two to three hours.

BRING THESE ITEMS WITH YOU:

- Your prescription eye drops and oral medications
- This booklet

ON THE DAY of your procedure:

- We will ask you to review and sign your consent form.
- You should have answered a LASIK, ASA/PRK questionnaire.
- You will take your oral medication when instructed.
- Numbing eye drops will be administered to ensure your comfort.
- The area around your eye will be cleaned with an iodine solution. **Please advise us if you have an iodine allergy.**

BEFORE the procedure begins:

- We will review your eye drops and instruct you in their use. You will receive clear plastic protective glasses to use during the recovery period. We will also provide you with sunglasses to wear home and for your one day post-op appointment.
- You will be positioned on a stable, comfortable bed in the LASIK suite.
- Your eye will be positioned under the laser.
- An instrument will hold your eye open and prevent you from blinking.

FOLLOWING your procedure:

- You will be moved to a waiting area for 10 to 20 minutes. Healing will have already started.
- Shortly after the procedure, you will experience some mild burning, tearing, and irritation. These symptoms are normal and should subside within 4 to 6 hours. Keeping your eyes closed as much as possible will help them to heal.
- You should expect minimal to no pain during the first **24 hours**. You should report any **significant** pain or shadowed vision without delay.

If you've had ASA/PRK procedure,

moderate pain for the first 24 to 72 hours is to be expected. You should report any excessive pain without delay.

AT HOME:

- Take a nap to promote healing.
- Keep your eyes closed as much as possible during the first **4 to 6 hours** to help your eyes heal.
- Use the eye drops according to the schedule you have been given, regardless of how your eyes feel or how well you can see.
- Take Tylenol or Ibuprofen (Advil) as needed for a headache or eye discomfort.
- Sleep in the protective glasses you were given for **7 nights** following the procedure to prevent you from inadvertently rubbing your eyes during sleep.
- Don't take a shower until after your one day follow-up appointment. After that, you may take a shower/tub bath; avoid getting water in your eyes for 72 hours.

If you've had ASA/PRK procedure,

You will be seen one day after, four days after, and one to two weeks after.



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Following your procedure

As your EYES HEAL:

- Wait **48 hours** before flying. It is best to discuss these plans with your eye care professional first.
- Wait **72 hours** before jogging or working out.
- Avoid water sports (swimming, hot tubs, lake water) for **at least 2 weeks**.
- Wait **2 weeks** before using makeup, lotion, or sunscreen products.
- Do not rub your eyes for **1 month**.
- Wear safety glasses for contact sports and at work (if warranted).

Your NEW VISION:

- Most patients achieve good functional vision within 24 hours of their procedure.
- Don't be alarmed if your vision is not 20/20 right away. Your vision may be foggy or hazy until the swelling subsides.
- Many patients report that their vision fluctuates during the healing process. This fluctuation typically lasts for 4 – 6 weeks, but may take longer to stabilize.
- It is not uncommon for eyes to heal at different rates.

Our office is open from 8:30 AM to 4:30 PM, Monday through Friday. After hours, we are available by telephone with responsive assistance and support.

CAROLINA EYECARE PHYSICIANS

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