

TWO WEEKS prior to surgery STOP taking all pain and anti-inflammatory medications except Tylenol.

STOP taking all herbal supplements and vitamins. These medications can thin the blood and can lead to excessive bleeding and bruising.

If you take blood thinners (Aspirin, Plavix, Coumadin) prescribed by a doctor, ONLY stop that with permission of your primary care doctor or cardiologist – you must discuss this with your doctor at least 2 weeks prior to surgery.

If you are a smoker, it is best to STOP SMOKING 2 weeks prior to surgery - Nicotine can impair and delay the healing process.

You will need the following items at home to use after surgery:

- Snack-size Ziploc bags with frozen peas
- Ice
- Gauze
- Q-tips
- Extra Strength Tylenol

Prescriptions will be sent to your pharmacy a week prior to your surgery. Please be sure you pick up these prescriptions PRIOR to your surgery so you do not have to run out and get them after you've had your procedure done.

You will need to rest and take care of yourself in the first few days after surgery - this means no strenuous exercise/activity; please make the necessary arrangements for household chores and childcare.

2 DAYS PRIOR to your surgery, we recommend you START taking Arnica Montana (for bruising) and Bromelain (for swelling). These are not mandatory, however, we have noticed a big difference in the post-operative recovery in patients who use these products. Continue taking them for 1-2 weeks following surgery. Follow dosage instructions on the bottles. These products can be found in Whole Foods stores and some pharmacies.

DAY OF SURGERY arrive without make-up and in comfortable clothing. You do not need to fast if the procedure is being done in the office with local anesthesia. If it is scheduled in the operating room or in our office with IV anesthesia, then you CANNOT eat or drink for 8 hours prior to your scheduled surgery time.

PLEASE bring someone to drive you home from your procedure! You are having surgery on one or both of your eyes, DO NOT plan on driving yourself home unless you have specifically asked and were told it was ok to do so.

Signature

Date

My signature above confirms that I have received, read, and understand these instructions.