



# Implantable Contact Lenses

V I S I A N I M P L A N T A B L E C O L L A M E R L E N S E S

## Pre-Operative Instructions

Surgery Appt: Right Eye \_\_\_\_\_

Left Eye \_\_\_\_\_



### Lid Scrubs [Start using on \_\_\_\_\_]

Begin performing lid scrubs **twice a day beginning four days before surgery** as follows: Heat a clean washcloth with warm water and soap (we recommend baby shampoo) and wrap the cloth around your index finger. Close your eyes and gently scrub along the upper and lower lash lines 15 to 20 times. Do not wear eye makeup for these four days.



### Acular LS [Start using on \_\_\_\_\_]

This is a non-steroid drop to decrease inflammation. Use one drop in the operative eye **four times a day beginning four days before surgery**. We recommend scheduling your drops with breakfast, lunch, dinner, and bedtime. Remember to wait five minutes before using your next eye drop. Do NOT discontinue use until instructed by your doctor.



### Zymar [Start using on \_\_\_\_\_]

This is an antibiotic drop used to prevent infection after surgery. Use one drop in the operative eye **four times a day beginning one day before surgery**. We recommend scheduling your drops with breakfast, lunch, dinner, and bedtime. Remember to wait five minutes before using your next eye drop. Do NOT discontinue use until instructed by your doctor.



### Pred Forte [Start using on \_\_\_\_\_]

This is a steroid solution used to decrease inflammation and regulate healing. Use one drop in the operative eye **four times a day beginning on the day of surgery AFTER you get home**. Remember to shake the bottle gently before each use and to wait five minutes before using another eye drop. Do NOT discontinue use until instructed by your doctor.



### Refresh Plus Artificial Tears

Use this eye drop as **needed** to help relieve dryness or scratchy sensations in the operative eye. This drop can be purchased over-the-counter and is found with the eye care products.

(continued on reverse)



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## *Pre-Operative Instructions (continued)*

- Do NOT wear contacts for four (4) days prior to your surgery.
- Do NOT take aspirin products for five (5) days prior to your surgery.
- Do NOT eat or drink anything after midnight the morning of your surgery.
- You can take heart or high blood pressure medication the morning of your surgery with a small sip of water. Only drink enough to get the medicine down.
- Use your eye drops as instructed. Do NOT take anything else unless directed.
- Do not wear your hair in a ponytail or braid on the day of surgery.
- Be sure to wear loose, comfortable clothing for your procedure.
- Women must not wear makeup or lotion on the face on the day of surgery.
- You must have a responsible adult accompany you on the day of your surgery and for your follow-up appointment the next day. You must not drive until after your one-day appointment.
- Bring your provided surgery kit with you to surgery.
- Be sure to have your Zymar prescription filled before surgery, and bring the medication with you when you report to the surgery center.

