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EYE CARE ROUTINE PRIOR TO YOUR PRE-OPERATIVE APPOINTMENT

In order to prepare your eyes for your pre – operative testing, please begin the following regimen to BOTH EYES as soon as possible and continue until instructed otherwise:

Preservative Free Artificial Tears – One drop to both eyes 3 – 4 times daily or as directed.

- ❖ Examples: Freshkote, Refresh Mega-3, Refresh Plus, Retain MGD, Oasis Tears Plus (In office \$21.57 tax included)

Warm Compresses – Use moist heat with massage to the base of the eyelashes nightly

- ❖ Moist heat used to open plugged glands, improve blood flow, regain free – flowing oils
- ❖ **Moist Heat Mask (Oasis /Bruder)**: Available at check out for your convenience (\$16.18 tax included), OTC or online to alleviate the need to re-heat a washcloth; heat 20 seconds in the microwave (Patented Medibeads absorb water molecules from the air and release them as clean moist heat.)

Lid Scrubs – Gently scrub eyelid margins at lash base

- ❖ Gentle pressure applied to clean the base of the lashes with Q – tip, cloth or pad to remove bacteria, debris and other inflammatory material. Use diluted baby shampoo
- ❖ Effective tea tree oil products: **Oasis Lid and Lash cleansing pads** (in office \$32.36 tax included), **Blephadex**, **Mediviz**, or **Optase** can be purchased online. **Avenova** spray (by prescription only.)

Night time “PM” gel drops – Once nightly before bedtime, OTC product. Humidify air; avoid fans.

- ❖ Gently pull – down lower lid and squeeze a small amount into both eyes.
Examples: Refresh gel drops, or Genteal PM or Systane PM
- ❖ Use before bed. Will temporarily blur vision so use just before bed; wash residue from lashes in the morning.

IMPORTANT: This must be started no later than 2 weeks before your appointment. Do not use make – up or lotion on your face, or eyes the day of your pre-operative appointment as doing so can interfere with your pre-operative measurements.

Contact Lenses: If you wear contact lenses they **will need to be out** for a certain amount of time prior to your pre-operative appointment and prior to your surgery.

- ❖ **Soft Contact Lenses** – 2 weeks prior to your pre – operative appointment for measurements
- ❖ **Hard Contact Lenses** – 6 – 8 weeks prior to your pre – operative appointment for measurements. (Unless otherwise noted by the doctor.)