



## Do's and Don'ts Before Refractive Surgery

1. **Do** wash all skin from the neck up with an antibacterial soap and do not put anything else on your skin thereafter on the day of surgery.
2. **Do** wash your hair the morning of surgery and do not use any hair products such as mousse, hairspray, gel, etc., after rinsing.
3. **Do** continue any non-eye medications as usual.
4. **Do** get a good night's sleep before surgery.
5. **Do** have a light meal prior to surgery.
6. **Do** wear your glasses to the surgery center on the day of surgery.
7. **Don't** use make-up, perfume, skin lotion, cologne, after-shave, or scented deodorant the day of surgery.
8. **Don't** do any excessive reading or computer work the day of surgery. This includes time spent in the waiting room at the laser facility. If you are nearsighted and have to read at all, do so without your glasses.
9. **Don't wear soft contact lenses for at least 2 weeks prior to surgery. Hard and rigid gas permeable contacts must not be worn for at least 4 weeks prior to surgery.**

If you have any questions or concerns, you can reach us at **(714) 965-9696**