

ROBERT L. MAHANTI, M.D.
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Patient: _____ Surgery Date: _____

Facility: Flagstaff / Scottsdale / Phoenix Arrival Time: _____

Procedure: _____ Eye: Right / Left / Both

Thank you for choosing us for your Laser Vision Correction! Please help us make your surgical experience as pleasant as possible by reading this sheet and following these instructions:

- Read through the paperwork in your green folder carefully. Fill out the health history and the true / false questionnaire. DO NOT SIGN or date any of the forms. Please call us with any questions. Bring the folder with you on the day of surgery.
- Contact lenses must be removed prior to your surgery. Soft lenses need to be out at least 2 week prior to a conventional treatment; 2 weeks for custom. Hard or gas perm lenses must be out at least 3 weeks prior to either procedure.
- Wear comfortable clothing, you will not need to remove your clothes or jewelry.
- Please do not wear any fragrances *at all* on surgery day. No aftershaves, colognes, perfumes, fragrant body lotions or fragrant hair products. Deoderant or anti-perspirent are allowed.
- Do not wear any makeup or eye cream, and please avoid heavy creams or powders on the rest of the face.
- It is fine to take all of your regular medications, unless otherwise instructed. This includes artificial tears or dry eye prescriptions.
- Please eat a light meal or snack a few hours prior to your arrival time.
- Avoid caffeine 3-4 hours prior to your arrival.
- You will not be allowed to drive after your procedure, please ask someone to drive you. You should only be at the center for about an hour, then you should go home and rest.

When You Arrive For Your Procedure:

You will check in with our receptionist. One of our technicians will be sure all of your questions have been answered you will sign the consent forms.

You will then be given the option of taking a mild sedative if you feel anxious. Most people do this, but if you feel relatively calm you may decline. Antibiotic eye drops will be placed in your eye(s).

Inside the Laser Room:

Laser Vision Correction is performed in a few, quick steps; typically taking less than 15 minutes. The laser is calibrated and programmed with your prescription before you even enter the Laser Room. It will take a few moments to position you properly under the laser microscope. Your eye(s) will be cleansed and the numbed with eye drops. Surgery will be performed one eye at a time, with the opposite eye covered to help you focus with the operative eye. To prevent you from blinking, an eyelid holder will be used. You will be instructed to look at a flashing, red target light. Dr. Mahanti will monitor your eye through a high powered microscope at all times. You will feel touching around your eye, and pressure at times, but you will not feel pain. You will hear noises: buzzing, clicking or snapping sounds, and you may smell a strange odor.

Immediately After surgery:

Depending on which procedure you have, a shield may be placed over the eye(s), or a bandage contact lens may be placed in the eye(s). The shield(s) should stay on until the next morning, but worn again every night for a couple of weeks for protection. If a contact lens is placed in the eye, do not remove it. Dr. Mahanti will remove it when the eye has healed well. If it falls out on it's own, don't try to put it back in.

You should go home and have a bite to eat, take two extra-strength Tylenol, and rest for the remainder of the day. The more rest you can get, the better your eyes can heal. If you are uncomfortable, you may take any pain reliever you have at home if Dr. Mahanti has not given you something else.

The First Days After Surgery:

We will see you the day after your surgery. We'll check your vision, and if you have a bandage contact lens in, it may be removed. Your eye(s) may be sore, itchy and teary; please do not rub them. Any irritation should begin to lessen with each day that follows. The vision may be hazy and may fluctuate some for the next week or two. You may notice some light sensitivity, or glare at night for a few weeks

Do not rub or bump the eyes for four weeks. Do not scuba dive or water ski for four weeks. Do not wear makeup, or swim for two weeks. Wear the shields at night for two weeks while sleeping.

In your post-operative kit you will find some eye drops. You should use these as follows:

Tobradex Eye Drops: Shake the bottle gently, place one drop into each operative eye four times daily for a week, or until you run out.

Artificial Tears: Use these very liberally. Getting a drop into the eye(s) every hour or so for the first few weeks can make a big difference in your healing. You cannot use these too much. However, if you feel you need them more than once an hour, let us know. We may want to change which drops you are using. The samples we give you will not last long, you will need to purchase some over the counter at any drug or grocery store.

Other: _____

You will then need to be seen one week post-operatively, then at one month, three months and six.