


## PRK PRE-OPERATIVE CHECKLIST

- Prior to your procedure, pre-operative measurements (dilated exam) need to be completed within 45 days of surgery with your eye doctor.

**If you wear Contact Lenses:**

- Discontinue contact lenses \_\_\_\_\_ days/weeks prior to pre-op.
- Discontinue contact lenses \_\_\_\_\_ days/weeks prior to surgery.
- Other \_\_\_\_\_

-  **Start ProOmega® 1 WEEK BEFORE your procedure.** Take 2 soft gels per day with food.  
Start on \_\_\_\_\_

-  **Start Ofloxacin/Zymaxid™: START 2 DAYS BEFORE your procedure.** 1 drop in operative eye(s), 4 times a day.  
Start on \_\_\_\_\_

- Start Preservative-free Artificial Tears: 1 WEEK BEFORE your procedure.** 1 drop in operative eye(s), 3-4 times a day.

- Motrin®, 400mg: 2 times the DAY BEFORE & DAY OF procedure.** Please take with food.

- Vitamin C 1000mg: Day prior to procedure.** Once a day.

- On the day of surgery, there is no need to put any drops in your eye(s).

- On the day of surgery eat as normal, but avoid caffeine products.

- NO Make-up, Cologne or Perfume. Wear Comfortable clothing.**

- Arrive at \_\_\_\_\_ on \_\_\_\_\_. Plan to be at the center for 2 to 3 hours.

- You will need someone to drive you home after surgery. They are welcome to leave a cell phone number and we will call them when you are ready to be picked up.

- Please fill out all paperwork completely and bring it with you on the day of surgery.