Tell Capsule to deliver your meds to our office (M-F, 10-4)! Bring this sheet with you on Day of Surgery!
Do NOT be LAZY -> you MUST read the Opposite Side & Follow ALL those instructions ! 😊

DROPS:	**Day of Surgery**	**Postop Day 1** Keep eyes closed 24/7	**Postop Day 2** Keep eyes closed 24/7	**Postop Day 3** Keep eyes closed 24/7	**Postop Day 4** Keep eyes closed 24/7	**Postop Day 5** Eyes closed almost always	**Postop Day 6** Eyes closed almost always	**Postop Day 7** Eyes closed almost always
Antibiotic (prevent infection) ciprofloxacin (beige cap)	□ Dinner	□ Breakfast □ Dinner	□ Breakfast □ Dinner	□ Breakfast □ Dinner	□Breakfast □ Dinner	Take Dinner dose after BCL is removed, then Stop	Take Dinner dose after BCL is removed, then Stop	Take Dinner dose after BCL is removed, then Stop
NSAID (anti-pain) Ketorolac tromethamine	As needed at dinner/bedtime the night of surgery (usually not needed)	□ Breakfast □ Lunch □ Dinner □ Bedtime	□ Breakfast □ Lunch □ Dinner	□Breakfast □ Dinner	□ Bedtime	Use only if necessary if you have pain	Use only if necessary if you have pain	**STOP !**
Preservative-free Tears Retaine MGD (vials) recap & re-use until empty each vial should last 1-2 days	Start after surgery, **use every hour when awake, if you put in ANY other drop, that "counts" so do NOT put in a tear for another hour, do NOT wake yourself up to put in ANY drop because Sleep is More Important than any drop, just take the drop you missed when you wake up. Put ALL DROPS in fridge so they are chilled to increase comfort (& so you know when the drop hits your eye). Push all bottles/vials Gently so you get Small drops, or you will Waste product & also Gunk Up your eyes, add interested people to your WA group to get FREE Tears/Products!**							
Sleep time Eye Gel Retaine PM	□ Before sleep. Very small amt (size of rice grain). Pull down lid & apply between lid & eyeball	□ before any nap & before going to bed	□ before any nap & before going to bed	□ before any nap & before going to bed	□ before any nap & before going to bed	□ before any nap & before going to bed	□ before any nap & before going to bed	Before bedtime, use up, don't get more unless your eyes dry
Lid Scrubs: only necessary if you have MGD, use after Hot Compress before surgery, stop when BCL is in (or may dislodge it), resume after BCL removed								
Steroid Drop / Pink Top / MEMORIZE the 1st letter it starts with: start day after BCL is removed. I Have the Steroid starting with Circle: L P E F								
Cequa/Xiidra/Tyrvaya/Vevye/Cyclosporine: Patients with severe dry eyes: Start now 2x/day, stop when BCL is in, restart the day after BCL removed								
PILLS:								
Sleeping Pill Valium (diazepam) 1 tablet at bedtime to help sleep	□ Bedtime	□ Bedtime	□ Bedtime	□ Bedtime	□ Bedtime	□ Bedtime	□ Bedtime	As needed
Oral Steroid Medrol Dosepak (methylprednisolone)	Take 3 pills in our Office Take 3 pills before bedtime Follow directions on box:	**Only patients with keloids or extreme prescriptions (over -9 or +3) or Enhancements get Oral Steroid box.** If you have two boxes, alternate between boxes. On box 1, take the "1st day" as instructed. On day 2, do NOT take the "2nd day" of box 1. Go to box 2 and take the "1st day". This is to accomplish a smooth taper or decreasing dose of steroid; if you do NOT alternate boxes, you would have a weird decreasing then increasing then decreasing dose of steroid ☹						
Doxycycline 100mg **(only if you have MGD; start before surgery)**	□Breakfast □ Dinner **TAKE 15 min AFTER FOOD OR CAUSES NAUSEA** ☹	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	Continue 2x/day until finished (weeks to months)
Advil PM (OTC, not Rx'd) anti-pain/inflammation also helps sleep to speed recovery one 200mg pill	**(Buy at store before surgery) (replace with Tylenol PM if peptic ulcer disease)** □ Dinner	□ Breakfast □ Lunch □ Dinner	□ Breakfast □ Lunch □ Dinner	□ Breakfast □ Lunch □ Dinner	Only take if needed for pain	Only take if needed for pain	**STOP !**	**STOP !**
Omega-3 Supplement (OTC) only if MGD/DryEyes 1000mg	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	□Breakfast □ Dinner	Continue until finished (months)

Park Avenue LASEK - #1 Laser Vision Correction Center in NY (CBS News) / Emil W. Chynn, MD, FACS, MBA - Columbia & Harvard-trained

You don't have to take your diazepam or Advil PM if you're not feeling any pain/discomfort, although they help maximize sleep so speed recovery

<u>Before your LASEK procedure:</u>

1. **Stay OUT of contacts for: 3 days (soft contacts) 1 month (hard/RGP contacts) several months (ortho-K lenses)**
2. **Get ALL prescriptions FILLED + MEMORIZE the chart on reverse side of this sheet & ask ALL caregivers to HELP YOU FOLLOW THE CHART**
3. **Buy a "cool mist humidifier" (in spring, summer, or fall) or a "warm mist vaporizer" (in winter) & use it in your bedroom for the first month**
4. **Find a responsible/calm friend/relative/coworker to be your Coach/hand-holder in the OR (find someone in glasses/contacts so it's not a pure favor)**

<u>Day of Procedure:</u>

1. **Review Spreadsheet so know your postop schedule, because after surgery you're supposed to minimize the time w eyes open to speed recovery**
2. **Wear comfortable, warm clothes (it's cold in the OR)**
3. **Do NOT wear your glasses or contacts because you must practice looking at things without glasses, to improve your "fixation" under the laser**
4. **Add your friends/relatives/coworkers/caregivers to your WA group, text them to support you on Instagram Live (you choose if it's yours or ours)**

<u>After your LASEK until the BCL is removed (at 5, 6 or 7 days postop.):</u>

1. **Keep eyes closed AS MUCH AS POSSIBLE (like 24/7), SLEEP a LOT, and AVOID ALL OPTIONAL ACTIVITIES like watching TV**
2. **Take your preservative-free tears every hour but not for 1 hour after any other drop; DO NOT wake yourself up to put in ANY drop**
3. **Close your eyes SLOWLY AND GENTLY and do NOT rub vigorously to prevent dislodging the BCL and causing PAIN**
4. **Drink LOTS of water, NO CAFFEINE OR ALCOHOL (make sure your urine is clear, NOT dark yellow)**
5. **Use a humidifier at home, especially when sleeping (patients with Dry Eyes should also get one to use at the office + use Xiidra/Restasis/Tyrvaya/Cequa)**
6. **Use sunglasses with UVA+B protection (don't have to be polarized) to protect your eyes when it's sunny outside for several months**
7. **If you have any questions during your recovery period, text your WhatsApp Group (but you must CALL NOT TEXT for appointments)**

Take a "Stage Direction" from the Front Desk upon ARRIVAL at EVERY visit and read it BEFORE you see Dr. Chynn so most of your questions will be answered & you ask him your remaining questions.

If you have problems with your meds via Capsule, call them at (212) 675-3900 or text Johnny their rep at: (520) 370-0459. After surgery change the delivery address from us to your apt/workplace in NYC; if you're outside their delivery area ask Capsule to transfer your Rx's to your local pharmacy

Please do YOUR VERY BEST to be RESPONSIBLE & Follow ALL of Dr. Chynn's instructions EXACTLY, because the closer you follow them, the BETTER your FINAL VISION. We have had "bad" patients mix up their drops & have bad outcomes—do NOT be like that, be a "good patient" 😊