

Postoperative kit contains all the eye drops, night gel, lid scrubs, & supplements.

Tell Capsule to deliver your meds to our office (M-F, 10-4)! Bring this sheet with you on Day of Surgery!

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
Combo (purple top) Shake each time before use.	To prevent infection until the epithelium grows back. <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner STOP day <u>after</u> Contact removed
NSAID anti-pain drop (Only if Comfort Package) Diclofenac/ Ketorolac (grey top)	As needed at dinner/bedtime the night of surgery (usually not needed because of meds given)	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Bedtime	Use only if necessary if you have pain	Use only if necessary if you have pain	STOP !
Preservative-free Tears Retaine MGD (vials)	Start after surgery, use every hour when awake , not for 1 hour after any other drop. Put ALL DROPS in fridge to increase comfort (& so you know when it hits your eye). Do NOT wake up to take ANY drop as it's BEST TO SLEEP AS MUCH AS POSSIBLE							
Sleeptime Ointment/ Eye Gel	<input type="checkbox"/> Before sleep. Use size of grain of rice). Pull down lid & apply	<input type="checkbox"/> Anytime going to sleep	<input type="checkbox"/> Anytime going to sleep	<input type="checkbox"/> Before sleep	<input type="checkbox"/> Before sleep	<input type="checkbox"/> Before sleep	<input type="checkbox"/> Before sleep	Continue until done
Lid Scrubs: Because it can dislodge your bandage contact lens (BCL) DO NOT use until BCL is removed. Begin 2x/day after BCL is removed								
Steroid Drop (Pink Top - <u>MEMORIZE the 1st letter it starts with</u>) start day after BCL is removed, unless your initial prescription was low (≤ -2 or $< +1$) in which case you just continue your Combo Drop 2x/day until it's finished (because that contains a low dose of steroid)								
Cequa/Xiidra/Tyvaya/Restasis: Patients w/ severe dry eyes/ MGD: Start drops 2x/day after BCL removed. Warm compress + lid scrubs								
PILLS:								
Sleeping Pill Valium/Diazepam) 1 tablet at bedtime	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Bedtime (help sleep)	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Bedtime	Use up
Oral Steroid Medrol Dosepak (methylprednisolone)	Take 3 pills in our Office. Take 3 pills before bedtime.	Only patients with keloids or extreme prescriptions (over -9 or +3) or Enhancement get Oral Steroid box. If you have two boxes of the oral steroid, you will alternate between boxes. On box 1, take the "1 st day" as instructed. On day 2, do not continue onto "2 nd day" of box 1. Go to box 2, and take the "1 st day" as instructed. On day 3, you will go back to box 1 and take "2 nd day" as instructed. Alternate between box 1 & box 2.						
Doxycycline 100mg (only if you have MGD; start before surgery)	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner TAKE 15 min AFTER FOOD OR CAUSES NAUSEA ☹	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner Take only if pain	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	Continue 2x/day until finished (weeks to months)
anti-pain/inflammation Advil PM (helps sleep) 400mg (2 - 200mg pills) (IGNORE WARNING ON THE BOTTLE ABOUT MAX DOSE)	(Buy at store before surgery) Replacement if peptic ulcer disease: Tylenol PM <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	Only take if needed for pain	Only take if needed for pain	STOP !	STOP !

Retaine Flax Seed Oil 1000mg	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	<input type="checkbox"/> Breakfast <input type="checkbox"/> Dinner	Continue until finished (months)
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Follow this “Road Map” to your Best Possible Vision: Congratulations on letting us free you from glasses & contacts! We’ve treated thousands of patients! Dr. Chynn was the 1st eye MD in the NY Tri-State area to get LASIK himself (in 1999 for high myopia & astigmatism). He made Constantin 20/15 in 2017 with LASEK (“HD” Package), and Tarek 20/15 in 2012 with epiLASEK! So, we know exactly how what you should do to get Perfect Results!

You do not have to take your NSAID, Diazepam or Advil PM if you are not feeling any pain or discomfort, and if you’re not having trouble sleeping.

Before your LASEK procedure:

1. Stay OUT of contacts
2. Get ALL prescriptions FILLED + MEMORIZE the chart on reverse side of this sheet
3. Buy a “cool mist humidifier” (in the spring, summer, or fall) or a “warm mist vaporizer” (in the winter) & use it in your bedroom for the first month
4. Find a responsible & calm friend/relative to be your OR “Coach” (and come up with a funny theme for your OR video)

Day of Procedure:

1. Bring ALL your medications with you on this (AND EVERY) visit, so we can confirm that you’re taking everything correctly
2. Wear comfortable, warm clothes (it’s cold in the OR)
3. Do NOT wear your glasses today--you must practice looking at things without glasses, as you’re going to have to “fixate” during your LASEK
4. Discuss w. your Coach the “theme” of your “sit-up video” so you’re ready for Instagram Live

After your LASEK until the BCL is removed (at about 1 week):

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 + UVB 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, always text your WhatsApp/SMS 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 the MD. This way, most of your questions will already be answered, and you can be more EFFICIENT by only asking the MD things that are NOT ROUTINE! ☺
Make SURE you have ALL your questions answered BEFORE LEAVING THE OFFICE!**

PROBLEMS WITH LOGISTICS REGARDING THE MEDICATIONS? CALL CAPSULE 212-675-3900

Thanks for Trusting Us with Your Eyes--Dr. Chynn & PAL take our Responsibility Very Seriously--Let’s Achieve Your Best Vision Together!