

## ICL Take Home Instructions

### Before Your Procedure

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1. Have your prescription filled and start your surgery eye drops\* 2 days prior to the surgery day.
2. Please do not wear your soft contacts lenses for 24 hours prior to your procedure.
3. You will need to book your surgery day and the following day off work (this may vary based on occupation).
4. Please bring your informed consent, although we ask you to sign the document at the clinic and our staff will witness your signature.
5. Ensure that your day one appointment is arranged with your eye doctor.
6. Arrange for a driver for your procedure day and for your day one appointment.

*\*Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day.*

### On Your Procedure Day

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1. Please wear comfortable clothing.
2. Do not wear eye make-up of any kind and avoid any moisturizing face cream.
3. No perfume or cologne on the day of your surgery.
4. You should not eat after midnight on the day of the surgery. If you were on medications prior to surgery, our staff members will inform you of which of those medications you should be taking with sips of water in the morning as well as which medications to NOT take on the day of surgery.
5. We will advise you of your arrival time a few days prior to your surgery day and we will ask that you arrive at the time provided which is NOT your actual surgery time. In general, while the surgery itself takes less than 25 minutes for both of your eyes, patients should plan on being at the clinic for 1-2 hours their surgery day for pre-and post-operative preparation.
6. You will require a driver to take you home and you will not be permitted to leave until your driver arrives.

