

SMall Incision Lenticule Extraction (SMILE) Take Home Instructions



Before Your Procedure

1. Please ensure that you do not wear your soft contact lenses 24 hours prior to your procedure and 1-3 months for rigid gas permeable lenses.
2. You will need to book your procedure day and the following day off of work.
3. Have your prescription filled prior to your procedure day and bring your eye drops with you on your procedure day.
4. Please bring your informed consent, although we ask you to sign the document at the clinic and one of our staff will witness your signature.
5. Ensure that your day one appointment is arranged.
6. Arrange for a driver for your procedure day and for your day one appointment.

On Your Procedure Day

1. Please wear comfortable clothing. Avoid sweaters (preferably a button down top/shirt that is lint free).
2. Do not wear eye make-up of any kind, and avoid any moisturizing face cream on your procedure day.
3. No perfume or cologne on the day of your procedure. This can cause a negative interaction with the laser equipment.
4. You should eat prior to your arrival and take any medications as you normally would (please advise prep staff of any medications you may have taken on the day of your procedure).
5. We will advise you of your arrival time prior to your surgery day and we ask that you arrive at the time provided which is NOT your actual procedure time. In general, while the procedure itself takes less than 15 minutes for both your eyes, patients should plan on being at the clinic for 1-2 hours on their procedure day for pre and postoperative preparation. This is both an emotional and exciting day, we want each patient to feel genuinely cared for and have a memorable life changing experience.
6. You will require a driver to take you home and you will not be permitted to leave until your driver arrives.