



REPLY TO  
ATTENTION OF

## REFRACTIVE SURGERY CENTER

DEPARTMENT OF THE ARMY  
MADIGAN ARMY MEDICAL CENTER  
9040A JACKSON AVENUE  
TACOMA, WASHINGTON 98431-1100

### **LASIK /IntraLase® LASEK / PRK Pre-Surgery and Day-of-Surgery Instructions**

Welcome to the US Army Refractive Surgery Center at Madigan Army Medical Center and Fort Lewis, Washington!

We encourage you to visit our website prior to your doctor appointments and surgery. The website contains valuable information regarding refractive eye surgery in general and here at Madigan Army Medical Center. Many of your questions and concerns may be addressed by the information on the website. In addition, the website will help you to prepare any questions or concerns that you may wish to discuss with your eye surgeon prior to surgery. The website address is as follows:

#### **PRE-SURGERY INSTRUCTIONS**

1. You should plan to be off-duty and available all day on the day of your surgery.
2. LASIK patients should plan to be off duty for 1 day following surgery.
3. PRK and LASEK patients should plan to be off duty for 4 days following surgery.
4. Your doctor may give you prescriptions, the day of your pre-surgical evaluation, that you will need before, during, and after surgery. Please pick up these prescriptions **prior** to your surgery date. Some of these prescriptions may need to be started prior to surgery. Please take all prescription medications in accordance with the directions of your doctor. You may pick up your prescriptions at the Madigan Army Medical Center outpatient pharmacy located on the 1<sup>st</sup> floor of the medical mall. Active duty in uniform has priority for pharmacy service during normal duty hours.

#### **DAY OF SURGERY**

Report to the Refractive Surgery Center at your appointed time. Please be prompt. The Refractive Surgery Center is located on the 7<sup>th</sup> floor of the nursing tower section of the hospital. The telephone number is **253-968-5516**.

Refractive surgery patients should wear comfortable civilian clothing with appropriate warmth as needed. The temperature in the laser room is set around 70. Please **do not** report for surgery in duty uniform (BDUs, etc.), especially duty uniforms that have been worn in the field and are obviously soiled. Recommended civilian clothing includes sweats, sweaters, jeans, etc. Shirts without collars are recommended. Civilian clothing should adhere to proper military standards regarding neatness, cleanliness, and appearance. Please do not wear civilian clothing that is untidy, torn, or obviously soiled. Clothing bearing slogans that are offensive in terms of language, gender, ethnicity, or violence are strictly prohibited.

Facial jewelry of any type (eyebrow piercing, nose rings, etc.) is also strictly prohibited. Please remove all facial jewelry prior to surgery. Women should abstain from wearing earrings on the day of surgery. Women with long hair should leave their hair long. The laser will not allow for hair to be in a bun or tied-up in the back.

#### **Please bring the following with you on the day of surgery:**

1. A family member or friend to drive you home after surgery. **You must have a driver.** You will not be allowed to leave the refractive surgery center alone. Driving is prohibited on the day of surgery.
2. Military ID card.

3. Sunglasses, if you prefer to wear your own. The refractive surgery center will provide a pair of sunglasses after surgery, but you are welcome to wear your own if you have "style" or "image" concerns.
4. If you are having surgery on only one eye, then you will need to bring your glasses and/or contact lenses for the eye not having surgery.
5. Bring all the medications previously prescribed by your doctor with you to the refractive surgery center on the day of your surgery. The doctor and/or refractive technician specialist will review your medications with you after surgery.
6. Something to read while you wait.

#### **Other important information:**

1. Women should **NOT** apply or wear make-up on the day of surgery, especially around the eyes. Women should also plan to abstain from the use of eye make-up for the first week after surgery.
2. Do **NOT** apply or wear lotions or creams around the eyes or face on the day of surgery.
3. Women should **NOT** apply or wear perfume or cologne on the day of surgery.
4. Men should **NOT** apply or wear aftershave or cologne on the day of surgery.
5. You may bathe or shower, as you normally would on the day of surgery, but please take care to avoid soaps, shampoos or conditioners with heavy scents or fragrances.
6. You may eat a normal breakfast on the day of surgery.
7. Your coffee intake should be moderate on the morning of surgery.
8. You should avoid anxiety-producing activities prior to your surgery – arguments, emotional phone calls, exercise, etc.

#### **WHAT TO EXPECT**

1. After you have checked-in at the refractive surgery center on your day of surgery, please be patient. You should plan to be at the center between 2-4 hours.
2. Eye drops will be placed in your eyes to dilate and numb them.
3. You will be awake during your eye surgery. You will experience a number of sensations during the eye surgery, but none of these will be painful. Your eye surgeon will talk you through the surgery, so **RELAX!**
4. Pagers and cell phones are expressly forbidden in the laser treatment room. You will be asked to remove these items from your person prior to surgery.
5. As a general rule, observers (family members, friends, colleagues, etc.) are **NOT** allowed in the laser treatment room during surgery.
6. Following surgery, your surgeon will examine your eyes, and the post-operative instructions and medications will be reviewed with you. In addition, you will be given specific information regarding your follow-up doctor appointments. This will vary depending on the type of eye surgery done.
7. Contrary to popular belief and advertising, refractive surgery patients **DO NOT** see well on the day of surgery. Vision will begin to improve within 24 hours.

As a final note, active duty service members should bear in mind that the Refractive Surgery Center at Madigan Army Medical Center is a military facility and a place of duty. Active duty service members should adhere to military standards of conduct, decorum, and formality when addressing civilian, enlisted, and officer staff of the center.

We hope your experience at the Madigan Army Medical Center Refractive Surgery Center is a pleasant and rewarding one!