

## Checklist: What to do Before Getting LASIK

### The week before your LASIK / Laser Vision Correction surgery

- Don't wear contact lenses.
- Pick up the prescription eye drops you'll use after your laser eye surgery.
- Buy PLENTY of artificial tears if your surgeon recommended them. Past patients swear by them.
- Buy an extra box of tissues.
- Buy non-prescription polarized sunglasses if you don't have any.
- Buy over-the-counter pain medication like Tylenol if you don't have any at home.
- Line up a reliable ride to and from your surgery. You WON'T be driving yourself home and shouldn't depend on public transportation. Ideally, you'll be chilling out in the passenger seat of a car with your eyes closed until someone's soothing voice announces, "hey, you're home, get out of my car."
- Inform your boss and coworkers that of the date of your surgery. Take time off. [Depending on the type of surgery you get](#) – ASA, PRK, or LASIK – you will need to take a few days off work – especially if you work on a computer screen.
- If you're unsure about what to expect from your eyes after surgery, ask your surgeon. Then make plans *now* for post-op meals and activities so your eyes and body can get ample rest after your surgery.
- Shop for all the groceries you'll need for the week after your surgery.
- Consider purchasing a cool humidifier.
- Take what you've learned about the actual surgery and try your hardest to imagine yourself going through it, minute-by-minute. [One patient](#) said, "The most nerve-wracking thing for me was not knowing what to expect. Even though I had talked to many friends about LASIK, there was still nothing like experiencing it yourself."

### The day before your LASIK surgery

- Do laundry and prepare post-op meals and comfort snacks so you can relax after your surgery.
- Remind your driver of your surgery and confirm they're ready to be your chauffeur.
- Remind your boss of your surgery.
- Download a few podcasts and/or audiobooks.
- Abstain from drinking alcohol or smoking. Tomorrow is not the day to be dehydrated or jittery if you can help it.
- Try to get seven or eight hours of sleep.

### The day of your LASIK surgery

- Don't apply any makeup.
- Dress comfortably so you aren't distracted by clothing that's too tight, or that makes you too warm or cold.
- Eat a good meal so you're not hungry after surgery when you should be resting.
- Remember to bring any prescribed pain relief medication to the doctor's office.

### Just before your LASIK surgery

- Drink a glass of water.
- Ask your surgeon what you might see and smell during the surgery so you won't be concerned when it happens.

### Still have questions?

That's what I'm here for. If you live in the New York City or Tri-State area, set up a free consultation with me. You can also check out our [Guide to Getting LASIK in New York City](#).

Or just contact me: <https://moskowitz-eye.com/contact>