

Pre-Surgery Instructions
Refractive Surgery Center Naval Hospital Bremerton

(rev. 1/26 EFB)

Please read carefully as **failure to comply will result in cancellation** of your surgery appointment.

1. You must have a caregiver/driver (not a Taxi, Uber etc) for at least 7 days (PRK) they will drive you to day of surgery as well as your 1 week post op bandage removal appointment. And assist with any driving needs for that 1 week for groceries etc A caregiver/driver for 2 days(LASIK/SMILE) they will drive you day of surgery as well as day 1 post op. You may drive at the end of your convalescent leave, when you feel comfortable to do so.
2. Due to possible complications during recovery, patients are required to be within the immediate area of their local eye doctor. **Do not schedule any TAD, travel during leave, underway, PCS, etc. until after the one month post-op appointment.**
3. Command Authorization Form: Drop off to clinic, email to usn.kitsap.navhospbremertonwa.list.brem-rs-clinic@health.mil or fax to (360)475-4411 no later than **1500 Tuesday the week before your surgery**. Please call clinic to verify receipt (360) 475-4295.
4. No contact lens use 2 weeks prior to pre-operative evaluation and surgery for soft lens users. No contact lens use 1 month prior to pre-operative evaluation and surgery for toric, gas permeable or hard contact lens users. Absolutely no sleeping in contact lenses, regardless of type for 1 month prior to pre-operative evaluation and surgery.
5. **Call the clinic for any changes in your medical history including over the counter medications.**
6. **Day Before Surgery:**
 - a. **PICK-UP MEDICATIONS BY 1000 AT THE NAVAL HOSPITAL BREMERTON PHARMACY, 1st floor, PRIOR TO CHECKING IN FOR YOUR APPOINTMENT. CHOOSE "Return for Pick-up" option at the kiosk. You will get called within 10-15 minutes as your meds are prepared the night before. You are not required to be in uniform. Your surgery will be cancelled if you are late.**
 - b. **FEMALE patients stop by the laboratory prior to picking up medications.**
 - c. The appointment is for a group teaching of pre/post op instructions & signing of informed consent; and evaluation with surgeon, therefore, **it could last up to 1600.**
 - d. If you are not within **1 hour driving** distance of the clinic, make arrangements to stay in the area the night before (for LASIK, SMILE & PRK patients) and night of surgery (for LASIK AND SMILE patients).
 - e. Please be aware that your 0730 or 0800 surgery day appt time is a placeholder. You will be informed of your surgery check in time at the group meeting. **Please make sure you and your driver's schedule is flexible on day of surgery. We are a specialty clinic; therefore elective procedures such as LASIK/SMILE//PRK get delayed when emergency patients need to be seen.**

7. **Surgery Day:**
 - a. Eat breakfast/lunch/bring a snack. Pre-op meds needs to be taken with food.
 - b. Your military ID will be used for verification purposes.
 - c. We provide a free pair of sunglasses with 100% UVA and UVB protection.
 - d. **It is required that your driver/caregiver be present at your surgery appointment. Your surgery will be cancelled otherwise.**
 - e. Please do not bring any personal belongings. Absolutely no cell phones, pagers, or electronic devices.
 - f. Do not wear: facial piercings, make up (especially around the eyes), facial lotions or creams, perfume, cologne or aftershave. Scented products can affect the laser.

I have read & understood the above instructions. **Failure to comply will automatically cancel my surgery appt:**

Patient Signature/Date: _____ Clinic Staff Initial: _____
Bring this instruction sheet to the front desk, we will make a copy for our records and give you the original.

I have received the original of this form and made a copy with my phone for future use (Patient initial) _____