

ICL IMPLANTABLE CONTACT LENS PREPARATION GUIDE

The following will guide you through each step prior to, during, and after the procedure.

YOUR APPOINTMENT

- ❑ The procedure will be performed at:

Specialty Surgical Center
9001 Wilshire Blvd, Suite 100
Beverly Hills, CA 90211
310-275-2339

- ❑ You will have a same day eye pressure check visit at Maloney-Shamie Vision Institute the afternoon of your procedure.

BEFORE YOUR PROCEDURE

- ❑ Make an appointment to see your internist/primary care doctor as soon as possible. Your completed History and Physical evaluation form must be received by the Maloney-Shamie Vision Institute at least one week prior to your scheduled procedure date. It is valid for one month, so schedule it about 2 weeks before your procedure.
- ❑ If you wear contact lenses, do not wear them in the eye that is going to be treated for 24 hours prior to your procedure.
- ❑ Arrange to have someone drive you home. You cannot drive yourself.
- ❑ Do not eat or drink for 8 hours prior to your procedure. You should take your regularly scheduled medications as instructed by your primary care doctor with a small sip of water.
- ❑ Make arrangements for payment to Maloney-Shamie Vision Institute prior to the date of your procedure. You can pay by cash, personal check, credit card, or a pre-approved payment plan. *Payment plans must be applied for and approved at least one week prior to your procedure date.*

ON THE DAY OF YOUR PROCEDURE

- ❑ Please bring a list of your medications with you to the surgery center on the day of your procedure.
- ❑ Please remove all eye and facial make-up before you come in for your procedure. Do not wear fragrances, perfumes, colognes, scented lotions or gels on the day of your procedure.
- ❑ The procedure will take about 6 minutes per eye. Your expected time of stay at the surgery center is 2 ½ hours.

AFTERCARE

- ❑ A detailed aftercare instruction sheet will be given to you the day of your procedure.
- ❑ Your vision may be blurry for several days or longer. A mild amount of fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering and scratchiness for about one week following your procedure.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not swim or get into a hot tub/jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours, you can wear brand new mascara and eyeliner only. Old mascara and eyeliner accumulate germs. You may resume wearing your old make-up after one week.
- ❑ You may resume exercise the next day. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If you are having just one eye treated, you may benefit from wearing your usual contact lens in the untreated eye.
- ❑ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.