



TREATMENT INSTRUCTIONS

Please read through these treatment instructions in their entirety as they are integral to you having a successful surgical outcome.

Sub-Bowman Keratomileusis (SBK)

TREATMENT INSTRUCTIONS



ON THE DAY YOU BOOK YOUR PROCEDURE

- Carefully read these Treatment Instructions, also available online at brintonvision.com/treatmentinstructions. For most patients this takes about 30 minutes. We care deeply about your eyes and are passionate about helping you benefit from world class eye care in a setting that is safe and comfortable. By reading and understanding these Treatment Instructions, you will be able to do your part in that process.
- After reading these Treatment Instructions pages, initial and sign where indicated, then email info@brintonvision.com or text 314-375-2020 with a scan/picture of each page by 5:00 PM on the day you reserve and pay for your surgery.
- Carefully read the separate Informed Consent document, also available online at brintonvision.com/treatmentinstructions. We will have an identical copy of the Informed Consent document for you to sign when you arrive in our office on the day of your procedure.
- The surgery arrival time you were given is **approximate**. As with many surgical facilities, arrival times are adjusted in the week leading up to your surgery. Make sure to check your email the night before your scheduled surgery day, and if you don't receive an email with a new time by 5:00 PM, plan to arrive as previously scheduled.
- You will not be able to drive yourself home after your procedure. Select one of the following options for transportation post-surgery:
 - Option #1. Arrange for a family member or friend to drive you to our office, be with you during the three-hour time block, and take you home after your procedure. Let them know that your current surgery arrival time is **approximate**, and that you can confirm a final appointment time with them the night before. Your driver is welcome to accompany you in clinic before/after surgery, and if desired, may join you in the laser room during surgery to hold your hand and provide support. Drivers commonly pass the time in our reception area or enjoy one of the dozen restaurants within walking distance of our office.
 - Option #2. Arrange for a family member or friend to pick you up at the conclusion of your surgery. You can stay in touch with your driver while in our office. We will also text them 15 minutes before you are finished.
 - Option #3. No driver. Patients without a driver may take Uber to their home/hotel or may walk to the Drury Inn. In this case we won't be able to give you Valium (optional relaxing medicine) before your surgery. To access our preferred rate at the Drury Inn Creve Coeur, book online using our code, 332174. This rate includes buffet dinner and breakfast, as well as covered garage parking. See brintonvision.com/hotels for more options.
- Email info@brintonvision.com and indicate which of the above options you have chosen. If you will have a driver, include your driver's name and four additional details: their relationship to you, mobile number, whether they have been to Brinton Vision before, and whether they plan to join you in surgery to hold your hand and provide support.



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- For patients flying in for surgery, see that your departing flight is scheduled no sooner than 12:00 noon the next day. You will have a day one postoperative appointment to attend that morning before going to the airport. Our office is located within about 15 minutes of St. Louis Lambert Airport and Spirit of St. Louis Airport.
- For surgery and preoperative measurement appointments, being out of contacts for three days is required, and seven days is preferred. Contact lenses warp the surface of the cornea, which affects the accuracy of our measurements and therefore your visual outcome. If you forget and inadvertently wear contacts in the three days prior to a surgery or preoperative measurements visit, we understand and will be happy to schedule you a new surgery appointment on another day.
- If you have contact lenses, email info@brintonvision.com today with a picture of the prescription numbers on the side of your contact lens boxes if we didn't already get this picture at your BVOA. Include your name in the message and indicate which contact lens prescription is used for which eye.

BEFORE PROCEDURE DAY

- Medications will be prescribed for you to use after surgery. These are covered by your medical health insurance and are not included in your surgery fee.
- You are welcome to acquire your medications at any pharmacy, however, we have encountered the following issues in the past with some pharmacies:
 - not stocking the branded or generic version of our eye drops
 - substituting a medication we do not approve of
 - requiring multiple patient trips to the pharmacy
 - triggering preauthorization requirements and extra paperwork that delays you receiving your medications
 - overcharging patients
 - filling some but not all of the required medications without notifying the patient
- To avoid these issues, several years ago, Brinton Vision arranged for our patients and office to benefit from a preferred customer relationship with Juniper Pharmacy. Juniper can be seen from our office window. It is located across the street from us at 522 N New Ballas Rd, Suite 206. We have no financial relationship with Juniper Pharmacy – we send patients to Juniper with the hope that our patients can continue to experience the customer service that our Brinton Vision staff is known for.
- Juniper Pharmacy will call or text you within two workdays after you book surgery to verify your address and medical insurance information. If you have not heard from them in this time, call Juniper at 314-499-1227.
- We will send a doctor-signed version of your Medication Instructions sheet (at the end of this document) to Juniper Pharmacy. You are responsible for obtaining these drops prior to your surgery day. Juniper will mail them to you at a Missouri or Illinois address free of charge; if you would like to pick them up at Juniper in person, call beforehand at 314-499-1227 to confirm their hours (currently posted as Monday-Friday from 8:00AM to 6:00PM).
- If you still desire to use your own pharmacy, our technician will give you a signed prescription form in our office or mail it to you if you book surgery by phone. Brinton Vision cannot be responsible for the above issues that may arise as a result. We

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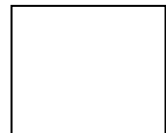
are happy to give or mail to you a printed prescription, however, for quality control and customer service reasons, we do not fax or call pharmacies.

- Valium (optional relaxing medicine) is provided at Brinton Vision on your surgery day and is included in your surgery fee.
- Inform a Brinton Vision doctor between your initial consultation and procedure if you have a change in medication, substance, or supplement use; you have a new medical condition or change in health status; you are nursing; or there is a chance you may be pregnant.
- Remove eye and face makeup the night before your procedure using micellar water or makeup remover and a magnifying mirror to ensure no makeup is left. If makeup remains when you arrive in our office, we can give you a makeup removal wipe to use.

SURGERY DAY – PRIOR TO ARRIVAL

- Shower/bathe on the morning of your procedure, or prior to arriving in our office. Don't use colognes, perfumes, scented lotions, or essential oils after you shower since some fragrances can block certain laser wavelengths. Unscented lotions, body wash, and deodorant are fine.
- The laser room is managed by its own HVAC system; it incorporates highly sophisticated air handling technology to maintain a constant 68° +/- temperature and 40% +/- relative humidity year-round. If 68° with 40% relative humidity sounds cold to you, wear warm layers that you can add or remove for comfort.
- Fun fact about Brinton Vision: the reason we employ this high-tech air handling equipment is because our state-of-the-art laser room is, as of this writing, the only surgery suite in Missouri and Illinois that can perform all laser and lens-based refractive (vision correcting) surgeries. The closest surgeons with this level of modern LASIK/refractive surgery technology are located 247 miles away.
- Leave valuables at home. You will not be able to keep them with you during surgery, and Brinton Vision can't be responsible for valuable items brought to our clinic.
- Have a regular meal before arriving at our office so you are comfortable during the procedure.
- Take your regular medications before and on procedure day as you would on any other day. This includes regularly scheduled medicines, as needed medications, and supplements. For example, you are welcome to take NSAIDs such as Advil/Motrin/ibuprofen, Aspirin/ASA, or Aleve/Naprosyn/naproxen up to and on the day of surgery. If you are due to take a medication during the time you are scheduled to be in our office, you may bring the medication with you and take it while here.
- During your three-hour procedure block, you will have 60-90 minutes of downtime as we accomplish a variety of preparatory tasks. These include scanning/processing your paperwork, calibrating lasers, answering questions for another patient, calling an eye doctor you have seen, running calculations, using sophisticated medical artificial intelligence programs to evaluate your surgery day testing, giving time for your eye drops to soak in, or waiting for the patient before you to complete a step. **We ask that you pass this waiting time with your eyes closed.** If desired, come prepared with music, a podcast, or an audio book that you can enjoy while we work behind the scenes to provide a successful experience to each of our patients.

SURGERY DAY – IN OUR OFFICE

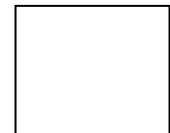


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- Before entering our surgery suite, use the restroom.
- One of our caring surgical technicians will accompany you into the laser room, introduce you to our surgery team, and have you lie down on one of our five surgery beds.
- If you would like an added measure of privacy during your procedure let us know and we can lower a shade over the surgery room glass.
- If you would like the comfort of having a blanket over you during surgery you may choose from a light blanket, heavy blanket, warmed blanket, or weighted blanket. Our weighted blanket is the most popular choice!
- If you would like one of our staff members to hold your hand for comfort let us know. Alternatively, you are welcome to have a family member join you in the laser room for the purpose of holding your hand. They will need to come dressed in clean attire and wear a surgical hat, mask, shoe covers, and a surgery coverall suit, which we provide.
- We play music from an Amazon Alexa speaker in the laser room. Please share your favorite artist or genre with us so we can play something that will put you at ease.
- Expected procedure time is 15 minutes. We numb your eye with drops and place a blink protector, so you don't have to worry about keeping your eye open. You will feel like you are blinking, but you aren't actually blinking.
- Dr. Brinton will talk you through the procedure and remind you to look at a white or green light. If you look away, that's okay; you will hear Dr. Brinton remind you to look back at the light.
- Most patients pause for a picture in the laser room with Dr. Brinton after surgery that we send as a memento of their special day. This is optional. You will receive a form prior to surgery where you may opt in or opt out of this photo. If you opt in, your surgical technician will take a photo of you and Dr. Brinton with Dr. Brinton's personal cell phone, after which he will text the picture to you.

SURGERY DAY – AFTER DEPARTURE

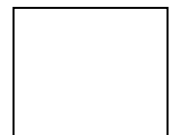
- For the rest of the surgery day, where possible, we recommend you **keep your eyes closed while sitting or lying down**. The numbing drops that we use for your procedure wear off after about 15 minutes, which usually coincides with walking out to your car or the ride home. If possible, take a four-hour nap after surgery. If you can't sleep, listen to an audiobook, podcast, or music with your eyes closed.
- The pharmacy will provide you with a pair of wrap-around sunglasses. While not mandatory, most patients find that these help with comfort on the ride home, especially on a bright, sunny day. Alternatively, you may wear your own pair of prescription-free sunglasses.
- Only one restriction is common among all Brinton Vision surgeries: don't submerge your head underwater in a pool, hot tub, river, stream, lake, or ocean for one week. After one week you may gradually return to water activities. Goggles are recommended early on if the potential exists for a hard impact on water (e.g. with water skiing, wakeboarding, jet skiing).
- You may shower or bathe any time after any surgery, including on the day of surgery, however, avoid tap water in your eyes for one week. Rinse any tap water out by placing an artificial tear drop after you dry off.
- Here are common side effects.
 1. Halos / glare / ghosting (100%)
 2. Dry / sensitive / tearing / light-sensitive eyes (100%)



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3. Over / under response requiring enhancement surgery after full healing (14%)

- If you would like to wear eye makeup in the first week after your procedure, speak with a Brinton Vision doctor on how to apply and remove this safely. We prefer you avoid eye makeup for one week.
- In some instances, Dr. Brinton will place a bandage contact lens in your eye at the conclusion of your procedure and will tell you if this is the case. If your contact falls out, just keep your eyes closed whenever possible and use preservative-free artificial tears for comfort. Don't try to replace it. Call our office and we can discuss whether to have you come in during clinic hours so we can replace the contact lens.
- τ • Bring your black bag with your treatment instructions, eye medications, eye drops, and blue quarter sheet to every postoperative visit so our staff can verify what you are taking and discuss your postoperative care. It may be helpful to keep your treatment instructions and blue quarter sheet in the black bag with your drops so that you do not forget them for your postoperative visits. Bringing all of these components to your postoperative visits is important for your care.
- Strongly nearsighted patients may be used to holding objects very close to their nose/face, because they are unable to see anywhere else to read fine print, do nails, makeup, etc. After surgery these individuals will need to adjust to doing these activities at a more "normal" range where others with natural, glasses-free eyesight perform these tasks. Special considerations apply for patients in their 40s and beyond who have presbyopia; make sure to discuss these with one of our doctors.
- Brinton Vision will send an update to your primary care physician and eye doctors by regular email or mail on the results of your procedure.
- Getting great vision isn't just about what happens on your surgery day. Our postoperative care program is essential to ensuring that you attain the best vision possible.
- τ • Postoperative month one and month three visits are scheduled online with this QR code to the right, or at brintonvision.com/postop. Patients have the responsibility to ensure that required postoperative visits are completed as specified in your Specific Procedure Instructions. These postoperative visits are scheduled on weekdays from 9:00AM-3:00PM. Our schedule is subject to change.
- In some cases, our doctors may schedule you for additional clinic visits. Keep this in mind, especially if you live far from our office.
- For clinic appointments at Brinton Vision, we require that you check in with reception 15 minutes prior to your appointment time. If you arrive after your scheduled appointment time, we may schedule you a new appointment on another day. This is so that patients who arrive on time do not wait longer than necessary to see the doctor, and to allow proper time so that no one's appointment is rushed. We may be able to schedule you for another appointment on the same day, however, we cannot compromise on the quality and timely care we provide to our patients.
- [only for patients over age 40] Presbyopia ("old eye" in Greek) begins to occur in your forties or fifties when you lose the ability to read print up close. Our procedures for presbyopia are designed to restore everyday reading vision so you can travel; take pleasure in a concert, theater, or sporting event; use your cell phone; read a restaurant menu; play sports; and enjoy other leisure activities without glasses. Our

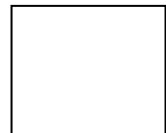


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procedures do not replace magnification found in reading glasses for professional or technical level near vision.

EYECARE INSTRUCTIONS FOR ALL INDIVIDUALS, WHETHER YOU WEAR GLASSES, CONTACTS, OR HAVE CORRECTIVE SURGERY

- We recommend following these instructions if you have a history of dry eye or contact lens wear.
 - Turn off bedroom fans. These can cause dryness on the surface of your eyes even if the fan is small, off to the side, or pointed away from you because circulating air dries out your eyes while sleeping. Studies show that most people sleep with their eyes partially open. Potential alternatives for your comfort while sleeping include a white noise machine/app for fan sounds, turning down the temperature on your thermostat if you are too warm, or using a humidifier with distilled water for the sensation of a breeze or circulating air.
 - Take omega-3 fish or flax seed oil supplements. A common recommendation is to take either one or two pills twice a day with meals for a total of two to four pills per day. Check the instructions on your supplement bottle since pill size varies. One study showed benefit with 400 mg EPA and 200 mg DHA per day, and other studies have evaluated much larger doses. If fish oil leads to an unpleasant taste in your mouth, you may freeze the pills or take flax seed oil as an alternative. Obtain approval from your primary care physician first if you are receiving care for another medical condition or take medications/supplements.
 - Some of our patients take over-the-counter allergy or sinus pill medications that dry the eyes, including Zyrtec, Allegra, Claritin, Sudafed, etc. Ideally, our patients would avoid these medications for the few days before and after their procedure. This is a recommendation only, though, and not a requirement, so if these medications are important for your health, you may continue to take them even on the day of your procedure. Inhaled nasal steroid medications such as Flonase/fluticasone are of less concern. Continue to take these, including on surgery day.
 - For eye allergies we prefer you use a drop such as Zaditor or Pataday twice a day rather than take a pill. These eye allergy medications can be used prior to and immediately after surgery.
 - Use your preservative free artificial tears as instructed in the weeks after your surgery.
 - Our average blink rate is around 16x/min, however one study showed that if we focus on a book, phone, or computer screen our blink rate decreases to an average of 4x/min. This is the cause of eye strain when using a computer (not blue light). To mitigate this issue, stay well hydrated, remind yourself to blink, use artificial tears, and follow the 20/20/20 rule – every 20 minutes take a 20 second break and look at least 20 feet away into the distance.
- Take common sense measures to protect your eyes whether or not you have corrective eye surgery. General strategies include using appropriate protective eyewear when within a 50-foot direct path of anyone operating power tools of any kind, hammering metal on metal, repairing machinery, doing yard work (mowing the lawn, using an edger, trimmer, etc.), arc welding, or playing sports that present a risk to the eye such as racquetball, badminton, and others. Never rub an eye (if you are curious



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why, ask one of our staff members to show you an MRI video of what happens inside your eye during eye rubbing). Instead, if your eyes itch, use an artificial tear drop, stretch the skin over the bones around your eye (with clean hands), or place a clean, cool washcloth over your eyes for relief. Avoid bumping the soft part of your eye.

- Protect the outside of your eyes from harmful light rays by wearing UV-protecting sunglasses. Sunglasses labeled as blocking UVA and UVB are required to block 75% of UV rays; UV400 labeled sunglasses block nearly 100% of UV rays. Such sunglasses are inexpensive and can be found at any optical shop or online. In addition, polarized lenses reduce glare from smooth and reflective surfaces, which can make the vision more comfortable, though there is no harm to the eye in not using polarized lenses. Non-prescription, UV-blocking, polarized sunglasses are available on Amazon.com in the \$20 range (last checked in 2024).
- Medical research shows that any type of smoking contributes to dry eyes, blurry eyesight, and an increased risk of many eye diseases. We urge those who smoke to quit smoking, and there is help available if you want to quit but are finding it difficult. Call 1-800-QUIT-NOW for more information.
- Some patients experience an increased awareness of floaters as they get older, and sometimes this can be more prominent after surgery.
- τ • Nearsighted patients, even if you have had your vision corrected surgically, and patients with a family history of retinal detachment in a parent, sibling, or child are at a higher risk. For these patients, whether you wear glasses, contacts, or have corrective eye surgery, we recommend that you see a local MD retina specialist to establish care sometime in the next year. These doctors will accept medical health insurance. Our staff would be happy to provide some recommendations.

HOW TO REACH US

- For routine logistical questions - contact Brinton Vision by email to info@brintonvision.com or text 314-375-2020 during office hours M-F 8:00 AM - 5:00 PM. Questions received prior to 4:00 PM will be replied to within one hour. Questions received after 4:00 PM will receive a response on the next business day.
- Medical questions are addressed in person by our doctors. Feel free to schedule an appointment at brintonvision.com/postop should the need arise.
- τ • Eye emergencies are never handled by text or email. Symptoms of an eye emergency include increased eye pain, eye redness, or decreased vision, particularly within the first week of surgery. If you experience any of these symptoms during normal business hours, promptly come to our office. If outside normal business hours, call the doctors' **emergency cell phone at 636-459-6836**. We cannot diagnose medical conditions over the phone and will request that you come in to have any eye concern evaluated. If you are unable to come in at the time of your call, we will ask you to schedule an early appointment on the next clinic day when you are available.
- Retinal detachment is a rare type of eye emergency where a thin layer of tissue (the retina) at the back of the eye pulls away from its normal position, usually because of a tear in the retina. If a tear is detected early, treatment by a retina surgeon can prevent the retina from detaching. Any one of the following symptoms can warn of a retinal detachment, whether you wear glasses, contacts, or have corrective eye

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surgery: flashes of light in the vision; new floaters in the vision, including tiny specks that seem to drift through your field of vision; spots in the vision, a ring, lines, or a cobweb appearance in the vision; blurred vision; gradually reduced side (peripheral) vision; or a shade, shadow, or curtain coming up, down, or across the vision. These symptoms are painless, which leads some people to (mistakenly) ignore them. Retinal detachment is an emergency. At the first instance of these symptoms, you agree to promptly visit your eye doctor (or retina surgeon, preferably, if you have seen one). If unable to reach your eye doctor, you agree to go to the emergency room.

WHAT YOUR SURGERY FEE INCLUDES

- Your surgery fee covers your corrective eye surgery and any surgery-specific follow-up visits in our clinic for one year from the date of your surgery.
- For most patients this includes a day one, month one, and month three visit, with some surgery types including a day four visit (PRK) and a week one visit (CLR and EVO). There is no one year follow-up visit for any surgery type.

WHAT YOUR SURGERY FEE DOES NOT INCLUDE

- Yearly \$240 dilated health of eye exams in our office are never included in surgery fees. Health of eye exams are required for all individuals, whether you wear glasses, contacts, or have eye surgery. Some of our patients are so thrilled to see 20/20 after corrective eye surgery that they forget to have an eye exam once a year to care for their eye health. Your first annual eye exam should be performed one year from your original surgery date and then yearly thereafter. Doing this exam sooner than one year from your original surgery date is not necessary.
- We provide yearly exams at Brinton Vision. Our annual exam fee is \$240. Alternatively, you may visit your established eye care provider for these exams.
- We have an unconditional customer satisfaction guarantee on our \$240 Brinton Vision Ocular Analysis exams. If a patient is dissatisfied with their BVOA experience, they may request a refund in writing within 14 days of their BVOA via email to info@brintonvision.com.
- We do not guarantee a specific surgery outcome. Using the words *guarantee* or *warranty* associated with any medical procedure or device is misleading and unethical. Vision in glasses or contacts cannot be guaranteed either.
- American Academy of Ophthalmology guidelines require that patients have a yearly dilated health of eye exam. The reason for this guideline is because dilated health of eye exams can reduce the risk of vision loss from glaucoma, retinal detachment and other eye conditions that would not be picked up on during a routine postoperative exam. This means that in the unusual situation where a patient seeks postoperative care that extends beyond the one-year mark from their original surgery date, we will first require a \$240 health of eye exam in our office before continuing with subsequent visits.
- For example, let's say you are 48 years old and have EVO ICL surgery on July 15, 2024. In May of 2025, you are happy with your distance vision but decide that you want to have more near/reading power added to one of your eyes. Enhancement laser surgery would be performed at no charge before July 15, 2025. The first laser postoperative exam that falls after July 15, 2025, however, would be booked at the time of enhancement booking as a complete \$240 annual health of eye exam. This is

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similar to the situation where you see a dentist for regular teeth cleaning. If a year has passed since your last exam and x-rays, you will need to pay for an exam first before another teeth cleaning can be performed.

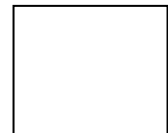
- Your surgery fee does not cover eye care for conditions unrelated to your surgery, such as pink eye or trauma, or care provided outside of our clinic or by other doctors. Non-surgery related eye problem visits at Brinton Vision are \$120 and include 1 follow-up visit at no charge. Any subsequent visits will be charged an additional \$120. Non-surgery related eye problem visits can be booked at: brintonvision.com/eyeproblemvisit

CUSTOMARY CLINIC, LASER, AND SURGERY FEES

- Annual dilated health of eye exams = \$240.
- Clinic visit for eye issue not directly related to surgery = \$120.
- Permanent punctual plug placement = \$250 per eye.
- Laser enhancement of vision for eye that had surgery with another surgeon. \$1600 facility fee plus \$1600 surgeon fee for Dr. Brinton = \$3200 per eye.
- Laser enhancement of vision for eye that had surgery with Dr. Brinton = \$1600 facility fee only. Dr. Brinton does not charge his surgeon fee for laser surgery when he has previously performed vision correction surgery on an eye.
- At Brinton Vision, we prioritize ensuring a smooth, efficient and stress-free appointment experience for our patients. As part of this, we collect full payment for clinic/surgery services at the time of booking, much like you would expect if you bought seats to your favorite concert, made an airline reservation, or planned a night out at the Fox Theatre, Busch Stadium, or the Muni. We understand that each patient's situation is unique, which is why we offer flexible payment options including cash, check, FSA, HSA, credit/debit cards, and financing to accommodate your needs and preferences.

SPECIFIC PROCEDURE INSTRUCTIONS – SBK, SMILE & LRI

- Juniper Pharmacy will mail your eye drops and medications to your home or work address in a sealed package. Bring this sealed, unopened package with you when you arrive for surgery. Alternatively, you may pick up your package from Juniper, or request that Juniper deliver the drops to Brinton Vision, where they will be waiting for you when you arrive on your procedure day. Our staff will open the package and review eye drop instructions with you in person. For your safety, **if you have forgotten to bring your medicated drops with you or have forgotten to have Juniper deliver them to Brinton Vision prior to arriving for surgery, we will need to schedule you for a new procedure time on another day** when you can have your medications in hand.
- Eye drops/medications start after your surgery is complete. You do not need to take any eye drops/medications before surgery.
- After your procedure. there are no limitations on working out. You are welcome to go bungee jumping or run a marathon (so long as you take your drops) once you leave our office on the day of surgery. You probably won't feel like it for the first four hours, so better to leave these activities until after your nap! Physical exercise or using your eyes after surgery does not hurt them or affect the outcome of your procedure.
- No bedroom fans on the night of your procedure. This helps prevent ocular dryness while sleeping.

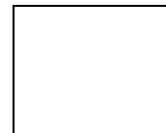


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- Avoid smoking or directly exposing your eyes to tobacco, marijuana, campfire, or vaping aerosols between your procedure and your postoperative day one visit.
- You are welcome to drive yourself to our office the next morning for your postoperative day one visit so long as you feel comfortable behind the wheel. Missouri and Illinois require 20/40 vision with both eyes open to drive, and most patients in our office will have this vision by the next morning. If you don't feel comfortable driving the next day, take an Uber or have someone else bring you to the office.
- Postoperative appointments for SBK and SMILE procedures are at day one, month one, and month three after your procedure.

TAKING YOUR EYE DROPS AND MEDICATIONS

- Ofloxacin (tan cap) and prednisolone (pink cap) drops are taken four times per day. We will administer a set of these drops at the conclusion of your surgery. If you leave our office before 12:00 noon, take these drops again at lunch, dinner, and bedtime (three more times). If you leave our office after 12:00 noon but before 5:00 PM, take these drops again at dinner and bedtime (two more times). If you leave our office after 5:00 PM, take only your bedtime dose (one more time).
- Our doctors may modify your medicated drop instructions or other instructions based on individual health circumstances or exam findings. In that case, what our doctor says supersedes what is checked on your Medication Instructions sheet.
- Prescribed medications come with one refill, so you don't need to call our office if you run out or lose the bottle. Simply request a refill from the pharmacy.
- Wash your hands prior to using eyedrops. After opening the top of the drop bottle or twist top vial, avoid touching the inside of the cap or the tip of the dropper so these can remain sterile. Use your fingers on one hand to pull down your lower lid slightly and create a "pocket." With your other hand, squeeze the medication bottle or vial to place one drop in the pocket.
- After giving one drop in each operative eye, close both eyes gently as if you are sleeping. Dab the excess drop from your lower eyelids with a tissue. While your eyes are gently closed, avoid squeezing, opening your eyes, or blinking for five minutes. This will maximize absorption of the drop and minimize the taste of the drop in the back of your throat. This approach is ideal, though not always practical if you have to give yourself a drop and go somewhere.
- Separate each eye drop by five minutes.
- If you have difficulty placing drops, you may lie down so you are looking towards the ceiling. Close your eyes gently and place a drop in the inside (near the nose) corner of your eyelids. Blink several times to allow the drop to work its way into your eye then keep your eyes gently closed as above.
- When you administer an eye drop, one drop is sufficient so long as the drop makes contact with your eye surface. Using multiple drops does not increase efficacy, as additional drops will just run out of your eye and down your cheek.
- If you miss an eye drop or are unsure if you took it, take the drop again even if it is close to the time of your next dose.
- Keep your postoperative eyedrops in the refrigerator. This has three potential benefits. 1) You can feel the cool drop as it falls into your eye versus onto your skin, helping you ensure that your eye has received the drop. 2) Our eye drops



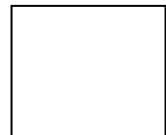
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have a longer shelf life if kept cold. 3) Some patients report that eye drops sting less and are more soothing if chilled.

- You can expect to have some crusting on your eyelashes for a few days after surgery, as well as after instilling the milky white prednisolone drop. You may use a clean wet washcloth to soak and gently clean off this crustiness. You can also use baby shampoo if needed. If you are unsure of how hard to press, ask one of our medical technicians at your day one appointment to demonstrate how to clean your eyelashes by using a clean cloth.
- If you are instructed to take the prednisolone (pink cap) drop for longer than a week, it is important to taper off the drop gradually to avoid inflammation. The proper taper regimen will be provided for you by a doctor.
- Notify a Brinton Vision doctor if you have used steroid medicines before or if you start a new steroid medication (cream, mist, inhaler, injection, prednisone pill, etc.) while taking the drops above. This combination can lead to a painless increase in eye pressure and vision loss. **If you are taking a steroid eye drop for more than a week you need to have your eye pressure checked in our office at least every three weeks.** You agree to follow this instruction as part of filling our prescription for this drop.
- Getting a good sleep the night of surgery is an important part of the healing process. If you can sleep, don't stay up or set an alarm to take eye drops. Just take the required dose before going to bed and again when you awaken (if it's time for the next dose). Sleeping well on the night of surgery is more important than taking medicated drops or artificial tears.
- You may take Tylenol/acetaminophen or NSAID medications (Aleve/naproxen, Advil/Motrin/ibuprofen, Aspirin, Excedrin) as needed. PRK patients may not take medications containing Tylenol/acetaminophen while taking Percocet since Percocet contains acetaminophen. Instead, take NSAIDs.

USING ARTIFICIAL TEAR DROPS

- Our patients typically receive their initial artificial tears from Juniper pharmacy with the other post operative drops. There is a refill included, so additional artificial tears can be obtained from Juniper as well and mailed to your residence. However, these drops are over the counter, so patients can also purchase additional preservative free artificial tears from most retailers with a pharmacy such as Walgreens, CVS, Walmart, or Target, or online through Amazon.
- As a modification to the medication instructions page below, we recommend that patients use artificial tears more frequently on the day of surgery until they go to bed. Laser surgery patients in particular – e.g. patients who have SBK, PRK, or SMILE – should try to use them every 15-30 minutes, if possible, and then resume normal artificial tear instructions on postoperative day one.
- Once you have finished your course of medications (see medication instructions on the last page of this booklet), many patients will continue to use artificial tear drops. These artificial tear drops hydrate your eyes like moisturizing lotion hydrates your skin. In the same way that lotion can make your skin feel better and look better, artificial tear drops can help your eyes feel better and see better. Some people moisturize with lotion when they get out of the shower or before going to bed. In the same way, some people who wear glasses, contacts, or have eye surgery will use an artificial tear drop when they



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get out of the shower and at bedtime. Sterile artificial tear drops are not addictive and have no negative side effects with long-term use.

- Preservative-free artificial tears in single-use twist-top vials are labeled to be used only once and then thrown away. So long as you can use and re-cap the vial in a sterile fashion, it can be used again later that same day. Vials contain 9-11 drops each, so one vial could provide five rounds of drops in both eyes. If you are using them every two hours, then one vial could last you for 10 hours on a day.

FREQUENTLY ASKED QUESTIONS

Q: Why do you recommend artificial tears that are preservative-free? Why aren't my artificial tears in bottles good enough?

A: Artificial tears are formulated and packaged in three different ways.

- 1) preservative-free artificial tears in single-use twist-top vials, like Refresh Plus, Systane Ultra preservative-free, Blink preservative-free, GenTeal preservative-free, and others
- 2) preservative-free artificial tears in specially engineered multi-dose bottles with a ball valve, like Optase, Systane Complete preservative free, Eyeganics, and others
- 3) regular artificial tears in a regular bottle, like Blink, Refresh, Systane, Retaine, Thera Tears, iVizia, Oasis, and many other store brand and generic options

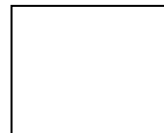
Drops in categories one and two above are truly preservative-free and can be used as often as desired. The bottles in category two are specially designed to prevent air from coming back into the solution and if you squeeze the bottle hard it will deform. Instead, treat the bottle like a pump by lightly pinching and massaging the bottle. Check with our doctors first before using bottled artificial tears since most bottled artificial tears have preservatives, even if labeled preservative free, and should not be used until two months after surgery. Bottled drops in category three above contain a preservative, usually benzalkonium chloride / BAK, to keep the tears inside the bottle sterile. These should not be used more than four times per day, since the preservative can build up and irritate the eye. Once you are done taking your surgery drops as instructed you can switch to using a regular bottle of artificial tears in category three above as these drops come in a convenient small bottle and are inexpensive.

“Why should I keep my eyes closed while awaiting my surgery?”

On surgery day, we ask that you to keep your eyes closed and not read on your cell phone more than necessary because the air filtration system in our office and the drops we give can dry out your eyes. This can slow your recovery process in the first 24 hours and make your eyes more irritated after surgery. Cell phone use decreases our normal blink rate, so this compounds the problem. Plan to listen to a podcast or audiobook, talk to your companion, listen to music, or just relax, all with your eyes closed.

“Why am I here for three hours on surgery day? Doesn't my surgery take 15 minutes?”

Remember to check in with our receptionist 15 minutes prior to your appointment time. During your three-hour procedure block, you will have 60-90 minutes of downtime as we accomplish a variety of preparatory tasks. These include scanning/processing your paperwork, calibrating lasers, answering questions for another patient, calling an eye doctor you have seen, running calculations, using sophisticated medical artificial intelligence programs to evaluate your surgery day testing, giving time for your eye drops to soak in, or waiting for the patient before you to complete a step.



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For some surgeries, a wide and complete pupil dilation is required, which can take over an hour. Whether or not extra time is needed in your specific case, it is built into our schedule for all patients so that when these steps are needed, we have adequate preparation time to provide a safe and comfortable surgery.

“I didn’t feel anything when drops were put in my eyes. Are you sure they went in?”

We use numbing eye drops on the day of surgery, so when we place eye drops in your eyes, you may not feel anything, or may even feel like we missed. Our staff is trained to ensure that drops reach your eye. If you don’t feel anything, this is a good sign!

“Why did my second eye surgery feel different than my first? Wasn’t it the same process?”

Patients having surgery on both eyes should expect that the second eye surgery will feel different than the first eye surgery, even if the surgeries are identical.



Routine questions

Scheduling brintonvision.com/postop
 Email info@brintonvision.com

*emails answered within one hour M-F 8-4

Urgent medical issues

Clinic (M-F 8-5) **314-375-2020**
 Emergency doctor (after hours) **636-459-6836**

555 N New Ballas Road, St. Louis, MO 63141

Magnet you received at your consultation

I have carefully read and understood the Informed Consent document for my procedure. I have carefully read and understood these Treatment Instructions, and I agree to follow them. I have had an opportunity to ask questions of a Brinton Vision doctor and the doctor has answered my questions to my satisfaction.

Signature: _____

Date: _____

Printed name: _____



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MEDICATION INSTRUCTIONS

SBK, SMILE, and LRI

- 1) Ofloxacin 0.3% ophth solution, qty 5ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
- 2) Prednisolone 1% ophth susp, qty 5ml, refills 1, sig shake bottle, instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
- 3) Refresh plus 0.5% artificial tears, qty 100 vials, refill as needed, sig instill 1 drop into surgical eye(s) every two hours while awake for two months, then use as needed. Allowed substitution - Optase PF, Systane Complete PF, or Eyeganics. Same dosing instructions.
- 4) Sunglasses, case.

PRK

- 1) Ofloxacin 0.3% ophth solution, qty 5ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
- 2) Prednisolone 1% ophth susp, qty 5ml, refills 1, sig shake bottle, instill 1 drop into surgical eye(s) 4x/day x1wk, 3x/day x1wk, 2x/day x1wk, 1x/day x1wk, then stop.
- 3) Vitamin C 1000mg tablets, qty 365, sig take one tablet by mouth once a day for one year.
- 4) Percocet 5/325, take 1-2 tabs with food every 6hrs as needed for pain, do not take with Tylenol. Dispense eighteen tabs (18). Take no more than eight (8) per day. Recommend stool softener.
- 5) Refresh plus 0.5% artificial tears, qty 100 vials, refill as needed, sig instill 1 drop into surgical eye(s) every two hours while awake for two months, then use as needed. Allowed substitution - Optase PF, Systane Complete PF, or Eyeganics. Same dosing instructions.
- 6) Sunglasses, case.

EVO

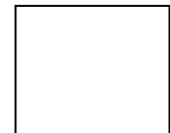
- 1) Ofloxacin 0.3% ophth solution, qty 5ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
- 2) Prednisolone 1% ophth susp, qty 5ml, refills 1, sig shake bottle, instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
- 3) Refresh plus 0.5% artificial tears, qty 100 vials, refill as needed, sig instill 1 drop into surgical eye(s) 4x/day x4wks, then use as needed. Allowed substitution - Optase PF, Systane Complete PF, or Eyeganics. Same dosing instructions.
- 4) Two eye shields, tape, sunglasses, case. Tape eye shields over surgical eye(s) while sleeping for one week.

CLR

- 1) Ofloxacin 0.3% ophth solution, qty 5ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
 - 2) Prednisolone 1% ophth susp, qty 15ml, refills 1, sig shake bottle, instill 1 drop into surgical eye(s) 4x/day x1wk, 3x/day x1wk, 2x/day x1wk, 1x/day x1wk, then stop.
 - 3) Bromsite 0.075% ophth solution, qty 5ml or Prolensa 0.07% ophth solution, qty 3ml, refills 1, sig instill 1 drop into surgical eye(s) at bedtime x4 wks, then stop.
 - 4) Refresh Plus 0.5% artificial tears, qty 100 vials, refill as needed, sig instill 1 drop into surgical eye(s) 4x/day x4wks, then use as needed. Allowed substitution - Optase PF, Systane Complete PF, or Eyeganics. Same dosing instructions.
 - 5) Two eye shields, tape, sunglasses, case. Tape eye shields over surgical eye(s) while sleeping for one week.
- Fill only if marked** acetazolamide 250 mg tablets, qty 2 | 4 tabs, refills 0, sig take two tablets by mouth two hours prior to surgery arrival.

CLR extended regimen (for autoimmune disease, diabetes, epiretinal membrane, history of uveitis)

- 1) Ofloxacin 0.3% ophth solution, qty 5ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x1wk, then stop.
 - 2) Difluprednate 0.05% ophth emulsion, qty 15ml, refills 1, sig instill 1 drop into surgical eye(s) 4x/day x2wks, 3x/day x2wks, 2x/day x2wks, 1x/day x2wks, then stop.
 - 3) Bromsite 0.075% ophth solution, qty 10ml or Prolensa 0.07% ophth solution, qty 6ml, refills 1, sig instill 1 drop into surgical eye(s) at bedtime x9 wks, then stop. Begin 1-7 days prior to surgery date.
 - 4) Timolol 0.5% ophthalmic drops, qty 15ml, refills 1, sig instill 1 drop into surgical eye(s) 2x/day x8wks, then stop.
 - 5) Refresh Plus 0.5% artificial tears, qty 100 vials, refill as needed, sig instill 1 drop into surgical eye(s) 4x/day x4wks, then use as needed. Allowed substitution - Optase PF, Systane Complete PF, or Eyeganics. Same dosing instructions.
 - 6) Two eye shields tape, sunglasses, case. Tape eye shields over surgical eye(s) while sleeping for one week.
- Fill only if marked** acetazolamide 250 mg tablets, qty 2 | 4 tabs, refills 0, sig take two tablets by mouth two hours prior to surgery arrival.



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