

Preoperative Instructions

Cadet Refractive Eye Surgery Program

- If you wear **contact lenses**, ensure that they are out for at least three weeks prior to your surgery (at least 1 month if you wear hard contacts or astigmatism correcting soft lenses).
- Cadets are responsible for informing their **academic instructors** of their absence from class on the day of surgery and for the two days following surgery. Makeup of WPR's and other graded activities must be coordinated prior to surgery.
- **Prescriptions** for pre- and postoperative medications will be entered into the pharmacy computer about four days in advance. Pick up your medications at the MCHC pharmacy (or Keller pharmacy for active duty). Review all medications; make sure you understand the instructions, dosage, and how to use them. **DO NOT** take the Valium until after you arrive in the clinic and are told to do so.
- All **females** must have a pregnancy test performed the week before your surgery. The order will be entered into the system a week prior, and the test may be done at MCHC or Keller.
- Eat a light breakfast the morning of surgery. If you are particularly queasy during medical procedures, you may not want to eat breakfast at all.
- On the day of surgery, dress comfortably in loose fitting clothes. **Do not wear any jewelry, makeup, perfume, cologne, or aftershave.** Cadets may wear as-for-class or gym-alpha.
- During the **first week** after surgery, you must remain within one hour driving distance of West Point (less than 1 hour), in the event care is needed during this period.
- *It is vital that you keep **all** postoperative appointments.* All subsequent post-ops will be scheduled through the Central Appointment Line at 938-7992. Postoperative appointment schedules vary, but typically follow this general time frame:
 - *1 day*
 - *5 days*
 - *1 month*
 - *3 month*
 - *6 month*
 - *1 year*
- If you have any questions about these instructions, please call the ophthalmology clinic @
- 938-3769/2207.