

Scheduling Tips

Things to Avoid One Week After Your Treatment



swimming, hot
tubs, scuba
diving



keep soap,
shampoo away
from eyes



contact sports:
basketball, hockey,
wrestling, etc.



Eye make-up,
facial lotion
on/near eyes



Avoid lifting
heavy objects



No tanning beds
or spray tanning



Avoid environments with
dusty or chemicals in the air

Please Remember...

You may need a driver for your first follow-up after treatment and should have one available.

It is crucial to return for your follow-up appointments.

Have questions?

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