

RECOMMENDATIONS FOR

# SMILEPRO SURGERY

- **Instructions for patients before surgery . . . . .**  
**. . . . . Page 1**
- **Post SMILEPRO Surgery instructions. . . . .**  
**. . . . . Page 4**
- **SMILEPRO Surgery After Care. . . . .**  
**. . . . . Page 6**
- **Frequently asked questions from SMILEPRO patients**  
**. . . . .**  
**Page 8**

# INSTRUCTIONS FOR PATIENTS BEFORE SURGERY

- The patient must arrive at the indicated time on the confirmation sheet.
- It is recommended for the patient to arrive wearing comfortable clothing. Please, do not use jewelry.
- The day of the surgery, the patient must not use any kind of make up, cream or sunscreen on the face. Do not use any kind of fake lashes.
- Do not use any kind of perfume or cologne. The patient can only use deodorant.
- In case of using any kind of contact lenses, the patient must suspend it's use 3 days before the surgery.
- Please bring a clean pair of socks, they will be used the moment we indicate it.

- The post surgery check ups are going to be done by any of the available doctors from our team.
- If you need a medical note, it is necessary to indicate it the moment you arrive and report for your surgery at the reception the day of the surgery.
- It is important to eat well, keep your normal diet on the day of the surgery.
- In case of questions or consultations out of a regular working hours please contact us via WhatsApp **83857525**.

- If you are going to make the payment with a credit or debit card, please take into consideration that some banks have a limit in daily transactions. Verify this topic with your bank and ask for the release of the restriction for this transaction. Also, you must have the card's PIN in case the card terminal asks for it.
- The patient will stay at the clinic for approximately 3 hours due to the induction process, information that must be completed, payment procedures, preparation for surgery, questions or comments.
- The total investment for this surgery includes post surgery appointments without additional cost for the next 30 natural days after the procedure. After the 30-day period, the appointments require the stipulated payment for each consultation.

# POST SURGERY INSTRUCTIONS SMILEPRO

## **The kit contains:**

- Sterile gauze
  - Black glasses with UV protection.
  - Antibiotic drops.
  - Lubricating drops.
  - Relaxing pill that causes sleepiness.
- 
- Follow the instructions in the prescription.
  - The priority of the patient is to rest and keep their eyes closed.  
For that, the relaxing pill is given. The patient must take it when they arrive home.
  - If the patient feels any discomfort or pain after the surgery, they can take any painkiller of their preference.

- It is not necessary to wake up the patient while they are sleeping during the night to apply the drops. The treatment will start in the morning.
- The black glasses must be used whenever the patient is exposed to the sun, light or contaminated places for a month after the surgery, if other glasses are going to be used, the patient must make sure they have the same UV protection as the ones from the kit.

# SMILEPRO SURGERY AFTER CARE

- The day after the surgery, take the protecting covers off and put them away before showering, you can take a normal shower, avoiding any shampoo or soap near your eyes.
- Do not scratch or rub your eyes.
- Avoid smoking during the first month after surgery.
- Do not allow any pets in rest areas like beds or couches, so that no pet hair can get inside of the eyes, this during the first month after surgery. Wash your hands after having any kind of physical contact with your pet, these instructions are to avoid any infections.
- Do not enter pools, jacuzzi, the ocean, rivers, hot springs, etc.; during the first 15 days after the surgery..
- During the first week avoid going to crowded places such as concerts, movie theaters, farms, parties, hot springs, to avoid infections.



- Use the medicine as directed in the prescription, in case the doctor gives any additional instructions, the patient must follow then to guarantee the recovery's success.
- Avoid direct exposure to cigarette smoke, fireplaces, barbeques, etc. In case of direct contact with air conditioner and frequent use of electronic devices with screens, increase the lubricating drops use.

# FREQUENTLY ASKED QUESTIONS FROM SMILEPRO PATIENTS

Can I watch TV?

- **Yes, you can watch TV.**

Can I raise my hands?

- **Yes, you can raise your hands.**

How long after the surgery can I drive?

- **Until the doctor recommends it, ask this question to your doctor on the follow up appointment.**

How long after the surgery can I lift weights?

- **A day after the surgery**

Can I play high-impact sports?

- **Yes, a day after the surgery.**

Can I dye my hair or apply any chemicals to it?

- **Yes, you can.**

Can I travel by plane?

- **Yes, preferably after the 8-day check up.**

¿Puedo visitar al dentista?

- **Esto dependerá del tipo de tratamiento, contáctenos e indique el nombre del tratamiento. Comentaremos el caso con el doctor.**

Can I do activities like sewing, embroidery, reading?

- **Yes, you can.**

Can I cook?

- **Yes, you can.**

Can I go up and down the stairs?

- **Yes. You can.**

can I open the refrigerator?

- **Yes, you can.**

After the surgery can I have sex/intercourse?

- **You can have sex/intercourse 15 days after the surgery.**

Can I drink alcohol?

- **You can drink with moderation.**

**Reminder: your vision can fluctuate during the first 4 to 6 weeks after surgery, and in some especial cases it can take up to 6 months to stabilize.**

**If you have blurry vision, apply the lubricating drops.**