

## HOW TO SCHEDULE AN APPOINTMENT

- PATIENTS CAN SCHEDULE THEIR TREATMENT IN THE FOLLOWING WAYS:
  - CALL KEARNEY EYE INSTITUTE AT 308-865-2760
  - CALL PERSONAL CELL PHONE AT 308-830-1879
  - THROUGH EMAIL [EMISHOU@KEARNEYEYE.COM](mailto:EMISHOU@KEARNEYEYE.COM)
  - SOCIAL MEDIA

## AFTER TREATMENT

- PATIENT WILL BE SENT HOME WITH AFTER TREATMENT CARE
  - REMAIN UPRIGHT FOR 4-6 HOURS
  - CAN APPLY ICE IF HAVING PAIN/SWELLING
  - WEAR AT LEAST SPF 30
  - AVOID DIRECT SUN/HEAT (SUN, STEAM, SAUNA) FOR AT LEAST 2-3 DAYS
  - AVOID VIGOROUS EXERCISE FOR 24 HOURS
  - LIGHT MAKE-UP COVERAGE IF DESIRED
  - MOVE THE FACIAL MUSCLES (FROWN, SMILE, RAISE EYEBROWS) THROUGHOUT THE REST OF THE DAY
  - DO NOT RUB OR MASSAGE TREATED AREA FOR 24 HOURS
  - DO NOT WEAR HAT/HEAD BAND FOR 24 HOURS
  - NO FACIAL TREATMENTS FOR 1 WEEK
  - TYLENOL FOR ANY DISCOMFORT
  
- BEST RESULTS 7-14 DAYS POST TREATMENT