

## Important Phone Numbers

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Referring Doctor \_\_\_\_\_ Phone \_\_\_\_\_

PCVI Clinic \_\_\_\_\_

## LASIK Post Op Instructions

Follow-up Appointment:

Date \_\_\_\_\_ Time: \_\_\_\_\_

## How do I use eye drops after surgery?

- \* Always wash your hands before using eye drops.
- \* You only need one drop per eye when using medicated eye drops.
- \* Shake the bottle well.
- \* Tilt your head back and gently pull your lower lid down with your finger. Squeeze the bottle gently and allow the drop to simply fall into your eye.
- \* Remember not to touch your eye with the tip. This can cause an exchange of contaminants as well as risk damage to the flap.

## What medications do I need?

1. Use TOBRADEX 4 TIMES A DAY for one week following surgery.
2. Use over the counter eye drops (such as Artificial Tears) and a non-asprin pain reliever like Advil or Tylenol, for discomfort. If the pain persists or worsens, call your eye doctor.

## The First Hour After Surgery

Immediately following surgery your eye will be numb from the anesthesia. Keep your eyes closed as much as possible since this helps the healing process. Make sure you DO NOT squeeze your eyes tightly together when blinking as this may dislodge the flap. Your eye will remain numb for up to one hour after the surgery.

Your eyes may be more comfortable if you use over the counter, preservative free eye drops, like Artificial Tears to help moisten them. These can be found at most grocery stores or pharmacies and are not medicated. They lubricate the eye and help reduce excess drying during the healing process.

## The First 6 - 24 Hours After Surgery

For the first 6 hours, keep your eyes closed and rest as much as possible. For the first day, tape an eye shield securely to your face while sleeping or napping as this keeps you from rubbing your eye accidentally. Avoid reading, computer work or television for at least 6 hours after your surgery.

## One Day After Surgery and Ongoing

Be cautious when dressing or undressing so you will not bump or scratch your eyes. They may be quite sensitive during this time. Also be careful while bathing or showering. It is ok if water gets in your eyes, even on the first night, but is still a good idea to be cautious. Avoid rubbing or getting soap in your eyes and when drying, pat AROUND the eyes, not on them.

After 24 hours, most normal activities are ok and will not affect the outcome of your surgery. Lifting weights and regular types of exercise are not a problem. Just avoid getting sweat in your eyes for the first 3 days. Let your eyes guide you, if they become irritated...stop! Also, if you tend to rub your eyes at night, wear your eye shield while you sleep. Do this for 4 days to allow proper healing. Stay out of smoky or dusty areas for one week after the surgery and don't swim for about three weeks.

Should you notice rapidly deteriorating vision in the first few days after your LASIK surgery, call to be seen IMMEDIATELY. Do NOT wait for your 1 or 2 week appointment.

Approximately 75% of your vision improvement will occur overnight and it is normal for your vision to have "soft edges" for the first day. The guideline is: **your vision will be the same or better, each day during the first week.** But It takes a full 3 months for your vision to reach it's full refinement.

By following these guidelines, you will give your eyes the best chance to heal properly.