SM EYE MED GROUP

Patient Post-Operative Instructions for LASIK

After Surgery: Remain quiet the evening of surgery. A 2 to 3-hour nap is highly recommended immediately after the procedure. If unable to sleep, eyes should be kept closed for 4 hours to improve comfort and help initiate the healing process. You can increase activity as your comfort and vision allows.

Behavior: Do not squeeze your eyes. Just blink normally. Your vision may be blurry during the healing process.

Discomfort: Discomfort may vary. It is usually described as a slight burning or foreign body sensation for a few hours. Over the counter medication may be taken to relieve discomfort. If you have sudden, prolonged pain after the first day, call the office immediately.

Light Sensitivity: You may experience light sensitivity and/or glare around bright lights at night during the first couple of weeks following surgery.

Dryness: It is also normal to experience dryness in your eyes after surgery. Dryness can persist for many months following Lasik. Use Preservative-Free Artificial Tears at least 4 times a day for the first several months.

Special Precautions:

- You may return to driving and/or work in 1-3 days when your vision and comfort allow.
- No eye make-up or aftershave for **4 days** after surgery.
- After those 4 days of no makeup, we highly recommend buying new eye makeup to replace your older, which may have bacterial contamination. Use extreme caution when applying or removing eye make-up.
- Sleep in the **provided goggles or shields** for 1 week.
- Be careful when showering. No direct water in the eye(s) for 2 weeks.
- No swimming for 2 weeks after surgery.
- Do not rub your eye for 3 months after surgery.
- Use caution when participating in contact sports.

Medications: It is important to follow the instructions below. Any prescription medication can have severe side effects if used other than prescribed. Use each eye drop during waking hours. For each dose, dispense one drop in each eye that underwent surgery. Wait at least 5 minutes between each different medication. Drops may sting for a few seconds. DO NOT squeeze your eyes.

Vigamox (Antibiotic, Tan top) - 1 Drop twice on night of surgery (once when you wake up from nap and once before you go to bed). Following day, 1 drop 3 times a day for 7 Days.

Durezol (Anti-Inflammatory, Pink top) - 1 Drop twice on night of surgery (once when you wake up from nap and once before you go to bed). Following day, 1 drop 3 times a day for 7 Days.

Preservative-Free Artificial Tears - 1 drop 4 times a day for a month. Start the day after surgery. Refills available over the counter. We recommend stocking up for at least three months after surgery.