

After Your LASIK Treatment

RELAX! Plan to take it easy for the rest of the day.

- It is very important that you keep your eyes closed the first four hours after the surgery (if you are taking a nap use the protective eye shields, you do not have to apply drops during this time)

DROP INSTRUCTIONS

- **Use the prescribed drops while awake:** Pull down the lower lid and apply the drops in the reservoir formed. If you cannot open your eyes, put the drops in the inner corner of the eye (close to the nose) and they will gradually percolate into the eye. **Do not manipulate the upper lid nor try to pry the lids open,** this could move the membrane that is protecting the surgery.
- **Anti-inflammatory (Pred Forte):** one drop in the treated eyes every two hours for three days, then four times a day until it is finished.
- **Antibiotic (Zymar):** four times a day until finished
- **Lubricating drops:** to be used as needed in case of dryness or ocular irritation.

- **DO NOT RUB OR SQUEEZE YOUR EYES!!** Gently dab tears away with a tissue. Wear the protective eye shields when you sleep for the next 4-7 days/nights. If you are around small children, wear protective glasses at all times for the first 7 days. Be sure to tape the shields firmly in place and don't use substitutes.

- You may experience the following **NORMAL** sensations after your treatment:
 - **Pain/Burning** – usually occurs within the first 12-24 hours. This may feel like sand in your eye. There could be some initial soreness as the anesthetic wears off.
 - **Tearing** – Your eye(s) will probably tear for up to a couple of days. This is normal. Remember to dab away tears gently!
 - **Redness**– the white part of your eye may be red. This will gradually resolve.
 - **Red/Swollen Eyelid** – Your lid(s) may be slightly red or swollen for the first 48 hours.
 - **Blurred Vision** – Expect your vision to be blurry for the first 48-72 hours, this will gradually clear to significant improvement within a week. During the first few weeks, your vision may fluctuate throughout the day.
 - **Ghosting/Glaring/Light Sensitivity** – for the first few weeks. This should not interfere with your daily activities. A good pair of sunglasses will help during the day.

- **NO SWIMMING, HOT TUB or JACUZZI** for one week after surgery.
- Use care when showering that water, soap or shampoo does not get into the eye. If it does please use drops and do not rub.
- Avoid yard work and heavy housework for 1 week.
- Be extremely careful when applying makeup. It is advisable to avoid eyeliner and mascara for 1-week after treatment.
- You can return to your **normal activities** including work and exercise within 24-48 hours or with your doctor's approval.
- When you return to your normal activities use lubricating drops frequently, especially if you are reading, watching TV or working on your computer for at least six months

IF YOU EXPERIENCE ANY SYMPTOMS THAT CONCERN YOU, PLEASE CALL OUR OFFICE AS SOON AS POSSIBLE AT **305-461-2400**.

REMEMBER TO BRING ALL YOUR DROPS WITH YOU TO YOUR FOLLOW-UP APPOINTMENTS.



Laser Eye Center[™]
OF MIAMI