

OPHTHALMOLOGY CONSULTANTS  
THE CENTER FOR LASIK

## LASIK SURGERY INSTRUCTIONS

### BEFORE YOUR PROCEDURE

1. We will provide you with a prescription for Vigamox/Zymar. On the day before your procedure, you should use this 4 times throughout the day.
2. Continue taking all of your regular medications unless specifically instructed otherwise.
3. Begin eyelid scrubs 3 days prior to the procedure (once per day). Place a hot compress on your closed lids for 1- 2 mins. Then place a small drop of baby shampoo in the palm of your hand and dilute with warm water. Close your eyes and gently scrub your eyelashes and eyelids using your fingertips and the diluted baby shampoo. Rinse with water.
4. Remove all make-up and earrings the day of the procedure. No perfume, cologne, hairspray or hair gel, please.
5. You may eat a light meal before your procedure.
6. Wear comfortable clothing (no shorts) and lowheeled shoes. Bring a sweater or sweatshirt.
7. Anticipate being at our office for 2 hours.
8. You will need to arrange for a driver to take you home after the procedure.
9. You will need to allow 1-2 days to recuperate for LASIK.



*“ . . . and then I said YES!”*

### AFTER YOUR PROCEDURE

1. There should be minimal to no pain the first 24 hours. Report any significant pain or excessive irritation without delay.
2. It is very important to keep your eyes closed for the remainder of the day of surgery.
3. Take Tylenol or Ibuprofen (Advil) for a headache or eye ache as needed.
4. Sleep in the protective glasses for seven nights following the procedure.
5. Do not rub your eyes for ONE MONTH after LASIK.
6. You may take a shower or tub bath, but avoid getting water in the operated eye for 72 hours.
7. Avoid water sports (swimming, hot tubs, lake water) for two weeks.
8. Do not drive for the first 12 hours.
9. You may jog or work out after 72 hours.
10. Wear safety glasses for contact sports and work if indicated.
11. No eye make-up for one week following the procedure.
12. Flying is permitted within 48 hours after laser vision correction. However, we suggest you discuss this with your eye care professional.

**Our 24-Hour Help Line is 954.977.8770**

Please call Dr. Gailitis or Dr. Burks with any questions or concerns you have following your surgery.

## MEDICATION INSTRUCTIONS

### Antibiotic Drops

**Vigamox/Zymar:** Use one drop 4 times per day for five days. Bring this bottle to the center on the day of your procedure.

### Lubricating Drops

**Preservative-Free Tears:** Use every hour while awake for the first 24 hours. After the first 24 hours, reduce to 4-6 times per day for the next month. Use only preservative-free artificial tears for the first week.

After the first week, acceptable tears are Refresh Tears, Moisture Eyes Liquid Gel, Bion Tears, Systane, or Genteal Gel and TheraTears.

To avoid washing out the previously applied drops, it is best to separate the drops by at least 5 minutes.

## HEALING TIPS

You will experience burning, tearing, scratchy, irritated eyes within 30 minutes after the procedure. This is normal but should subside within 3-4 hours after your surgery. It is helpful to keep your eyes closed as much as possible.

Wear the sunglasses we provide all waking hours the first day, even indoors. Remove them only to instill your drops.

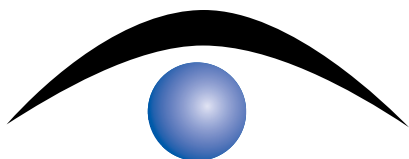
Use your drops as prescribed regardless of how your eyes feel or how you see! It is OK to use the artificial tears more than once per hour.

Most patients achieve functional vision (not perfect vision) within 24 hours of surgery. Please do not be alarmed if your vision is not 20/20 on Day One. It is common to have foggy or hazy vision until the swelling subsides. It is also common to have fluctuation in vision after laser vision correction. Fluctuation in vision generally subsides within 4-6 weeks from your surgery date but may take longer in some individuals.

Please call if you have any questions or concerns.

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