

LASIK SURGERY INSTRUCTIONS

Before your procedure

1. Continue taking all your regular medications unless specially instructed otherwise.
2. Begin eyelid scrubs 3 days prior to the day of your procedure (once per day). Place a hot compress on your closed lid for 1-2 minutes. Close eyes and gently scrub your eyelashes and eyelids using diluted baby shampoo and water. Rinse off with water.
3. Do not wear make-up or earrings the day of the procedure. No perfume, cologne, hairspray or gel.
4. You may eat a light meal before your procedure.
5. Wear comfortable clothing. Bring a sweater or sweat shirt. It can get cold in the laser room.
6. Anticipate being at our office for about 2 hours.
7. You will need a driver to take you home after the procedure.
8. You will need to allow one day recuperating from LASIK.
9. It is advised to stay home, keep your eyes closed and relax after your procedure.

After your procedure

1. There should be minimal to no pain the first 24 hours.
2. Excessive tearing and mild scratchy sensation is normal.
3. Very important to use the preservative-free tears (small individual vials) every hour during the day. This will make you feel more comfortable and promote healing.
4. Very important to keep both eyes closed for the remainder of the day after surgery.
5. Take Tylenol or Ibuprofen for a headache or eye ache as needed.
6. Sleep with the protective clear plastic shield for seven nights.
7. Do not rub your eyes for one month after LASIK.
8. You may shower, but avoid getting water in the eyes for 72 hours.
9. Avoid any water sports for one week.
10. Do not drive after your procedure. You may drive the following day.
11. You may jog or work out after 72 hours.
12. Wear safety glasses for contact sports and work if indicated.
13. No eye make-up for one week following the procedure
14. When wearing make-up, especially mascara, take caution when removing the eye makeup.
15. Flying is permitted after 48 hours; however we suggest you discuss this with your doctor.

Medication instructions

Follow these instructions unless otherwise instructed. **Shake the bottle before using.**

Combination drop _____ (contains both antibiotic and steroid medication)
_____ x day for 5 days after surgery.

Antibiotic: _____ 1 drop _____ x day for 5 days after surgery.

Steroid: _____ 1 drop _____ x day for 5 days after surgery.

Preservative Free Lubricating Artificial tears after your surgery

Use only preservative free tears (break-off individual vials)

Please be aggressive using the preservative free tears. **Use them every hour the day of the surgery**, then 6-8 times per day for the next 10 days. Your doctor will review these instructions on your 1 day post op visit.

Artificial tears 10 days after your surgery

After your 10 day post op visit, you can start using artificial tears in a bottle. Your doctor will advise you at your 10 day post op visit.

Healing Tips

You may 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 and use the preservative free tears every hour.

Most patients achieve functional vision within 24 hours of surgery. Please do not be alarmed if your vision is not 20/20 on day 1. It is common to have hazy vision until the swelling subsides. It is also common to have fluctuation in your vision. This generally subsides within several weeks from your surgery date but could take longer in some individuals.

Please call if you have questions or concerns 954-969-0090.

Emergency Number

If you have an emergency after business hours or on the weekend, please call our 24 hour emergency number at 954-977-8770.