



Post-Operative Instructions

1. Although you are not confined to bed on the day of the surgery, it is best to rest as much as possible while keeping your eyes gently closed.
2. You may experience light sensitivity, scratchiness, burning sensation and/or tearing for the first 4-6 hours following surgery. Please use the numbing drops we provide for you as frequently as you like during this period. However, if these symptoms are progressively getting worse beyond the first 8 hours, please contact the doctor.
3. For one week following surgery, please wear the eye shield when sleeping. This can be taped down to your face if you feel that you will accidentally remove it while sleeping.
4. You may wear eye make-up or apply eye cream two days after surgery but please take caution not to rub your eyes. After two weeks, you may continue with your normal routine.
5. You may shower or bathe the next day following surgery but try to keep your eyes closed and do not expose your eyes directly to shower water. It is not a problem to get a little water or even some soap in your eyes. However, your eyes may be sensitive and can be irritated more easily.
6. Avoid swimming for two weeks following surgery. This is mainly to avoid direct exposure of the eyes to pool water. Sauna, hot tubs, or whirlpools are fine as long as head is not submerged under water.
7. Do not rub or bump your eyes in the early post-operative period. Gentle wiping or dabbing of your eyes, as when washing, your face is fine. However, you should avoid vigorous rubbing.
8. You may experience light sensitivity or glare around lights especially in the early recovery period. This is normal and will improve with time. We recommend that you use sunglasses when outside.
9. Please use the medications according to the following schedule. Using the medications properly will help you recover faster with better vision.
 - **Antibiotic and Steroid drops:** Use one drop four times a day until the drops are gone or for two weeks following surgery whichever comes first. After instilling one drop, you should wait about five minutes before using the other drop. The order of usage is not important.
 - **Antibiotic / Steroid combination drop** may be used instead of two separate drops. This should also be used according to the same schedule as above.
 - **Artificial Tears:** Use these drops as frequently as you like during the recovery period following surgery. We recommend using tears four to six times per day for the first two weeks.
10. Listed below is the recommended post-operative follow-up schedule:
*1-2 days *1-2 weeks *1-2 months *3-6 months *1 year
(Examinations & treatments relating to medical conditions unrelated to the surgery are not included).
11. Enhancement surgery, if needed, is \$100 per eye with **NIDEK** laser and \$250 per eye with **WAVELIGHT**. This will apply for period of one year from the date of your surgery.