



How to care for
your eyes after a
LASIK procedure



Excellence in Ophthalmic Care

After Your Procedure

- Shortly after the procedure, you will experience some burning, tearing, and irritation. This is **normal** and should subside within 3 to 4 hours. Keeping your eyes closed as much as possible will help them to heal.
- Use your eye drop medications as instructed, regardless of how your eyes feel or how well you can see.
- Take Tylenol or ibuprofen (Advil) as needed for a headache or eye discomfort.
- We have provided goggles that you should wear to protect your eyes during sleep. Continue wearing the goggles when you sleep for **one week** following the procedure.

Precautions

- Do not drive during the first **12 hours** following the procedure.
- You may travel by air within **48 hours** after LASIK. However, you should discuss this with your eye care professional before making plans to fly.



- Do not take a shower until **after your one-day post-op examination**. Thereafter, you may take a shower or bath, but avoid getting water in your eye for **72 hours**.
- Do not jog or work out during the first **72 hours** after LASIK.

- Do not use eye makeup, lotion or sunscreen for one week following the procedure.
- Avoid water sports (swimming, hot tubs, lake water) for two weeks.
- Do not rub your eyes for one month after LASIK.
- Protect your eyes with safety glasses for contact sports and at work, if indicated.
- Please call if you have any questions or concerns.

Your New Vision

Most patients achieve functional (not perfect) vision within 24 hours of surgery.

Do not be alarmed if your vision is not 20/20 right away. It is common for vision to be foggy or hazy until the swelling subsides, and many patients report that their vision fluctuates during the healing process. This fluctuation generally lasts for 4 to 6 weeks, but may take longer to stabilize.

Don't Forget to Keep Your Follow-Up **Appointments!**

You have appointments to return to our office:

- the day after surgery
- 10 days after surgery
- 2 months after surgery
- 6 months after surgery

Medication Instructions

Zymar Antibiotic Drops Shake well.

Day of surgery:

- 1 drop - 4 times between surgery and bedtime

For 1 week:

- 1 drop - 4 times a day

Pred Forte Steroid Drops Shake well.

Day of surgery:

- 1 drop - every hour while awake

THEN, for 1 week:

- one drop - 4 times a day

NOTE: When using more than one type of drop at a time, allow at least 5 minutes between them. This will prevent one drop from washing out the previous drop.

Refresh Plus Tears Lubricating Drops

Day 1:

- 1 drop - every hour while awake
(more often, if needed)

Day 2 thru 30:

- 1 drop - 6-8 times per day

AFTER THE FIRST WEEK, these are acceptable substitutes for Refresh Plus Tears:

- Bion Tears
- Systane
- Genteal Gel
- Optive
- Blink
- Refresh PM
- Tears Again Gel
- Theratear gel drops

If you experience:

- Significant pain
- Excessive irritation or redness
- Shadowed vision

Call (843) 881-EYES (3937).

KERRY SOLOMON, M.D.



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