

## Post-Op Do's and Don'ts

### DO:

Wear clear eye shields to bed for 1 week to prevent rubbing your eyes in your sleep.

Wear UV protection if you use a tanning bed or if you're exposed to direct sunlight for up to a month following your procedure.

Keep your eyes closed when showering.

You want to avoid getting soap in your eyes for a month following your procedure.

Wear a headband during aerobic sports, to prevent sweat from dripping in your eyes, for one week following your procedure.

### DON'T:

Don't rub your eyes at all immediately following your procedure.

Don't drive, sign legal documents or drink alcohol for at least 24 hours after your procedure.

Don't drive or operate any machinery if your vision is not clear. You should refrain from driving until you are completely comfortable and you can see clearly.

Don't plan any activities for the week following your procedure where your eyes could get bumped, such as basketball, volleyball or heavy weight lifting.

Don't engage in any activities that may expose your eyes to irritants like chemicals or dust for one week following your procedure.

Don't use any cosmetics around your eyes for one week following your procedure.

Don't swim or use hot tubs, saunas or steam rooms for two weeks following your procedure.

If you're a scuba diver, wait one month after your procedure before diving.

Don't drive at night if you experience extensive glare. You'll know when your eyes are back to normal and you can resume your regular driving habits.

Don't fly in any airplanes other than commercial airliners with pressurized cabins, for up to a month following your procedure.

Don't rub or squeeze your eyes for a few weeks following your procedure. It is best to avoid ever forcibly rubbing your eyes after your procedure.

## Procedure Instructions

By reading and following the guidelines outlined in this manual, you will be prepared for your laser vision procedure, and the days and weeks that follow. At Spectrum Lasik, we'll do everything we can to ensure your experience is comfortable and successful. If you have questions along the way, just ask. We're here to help.

## Before Your Laser Vision Correction Procedure

### DO:

Fill your prescriptions and plan to bring them with you to your procedure.

Perform a lid scrub each night before bed, beginning three nights prior to your procedure.

Remove all cosmetics from your face and eye area the night before your procedure.

Wear warm, comfortable clothing to your procedure. The laser suite is 64° F.

Eat a light meal or snack before your appointment.

Arrange for a driver and expect to be at Spectrum Lasik approximately 2 hours.

### DON'T:

Don't wear any cosmetics of any kind on the day of your procedure.

Don't wear any hair sprays, gels, lotions, perfumes, colognes, or after-shaves to your procedure.

Don't drink any alcohol the day of your procedure.

## If You Wear Contact Lenses

To allow your eyes time to breathe and resume their natural shape, you will need to go without your contact lenses for a number of days leading up to both your pre-op exam and your procedure. Use the following schedule for an idea of how long you'll need to refrain from wearing your contacts. Your Spectrum Lasik consultant will give you a specific time frame based on your individual exam.



**IMPORTANT PHONE NUMBERS:**  
Dr. Brown - (864) 419-3728  
Dr. Parisi - (864) 986-0108  
Clemson Eye MD on Call:  
(864) 268-1000



	<b>DO NOT WEAR CONTACT LENSES FOR:</b>
<b>If you wear STANDARD SOFT lenses 1 to 16 hours per day</b>	
Prior to Pre-Op Exam	<b>7 DAYS</b>
Prior to Custom LASIK Surgery	<b>7-10 DAYS</b>
<b>If you wear STANDARD SOFT lenses 16 to 24 hours (overnight wear)</b>	
Prior to Pre-Op Exam	<b>10 DAYS</b>
Prior to Custom LASIK Surgery	<b>10-14 DAYS</b>
<b>If you wear Toric soft lenses (weighted for astigmatism)</b>	
Prior to Pre-Op Exam	<b>14 DAYS</b>
Prior to Custom LASIK Surgery	<b>14 DAYS</b>
<b>If you wear hard lenses or gas permeable lenses*</b>	
Prior to Pre-Op Exam	<b>PER DOCTOR</b>
Prior to Surgery	<b>PER DOCTOR</b>

## The Days and Weeks Following Your Procedure

### WHAT TO EXPECT

You can rest assured that laser eye vision procedures are safe and comfortable. According to the FDA, there have been no reported cases of blindness resulting from LASIK. Further, the risk of serious complications with LASIK is less than 1%. However, as with any medical procedure, you will experience some treatment-related effects as your eyes heal and your vision recovers.

Plan to go home and sleep immediately following your procedure. The longer you sleep, the better your eyes will feel, and the better they'll heal too. You may experience a burning or scratchy sensation in your eyes along with increased tearing immediately after your procedure. This is normal and may last for several hours. The use of artificial tear drops (such as Optive) and sleep is advised. You may take pain relievers (Tylenol or Advil) or other medication as directed.

Expect your vision to remain blurry and to fluctuate over the first few days following your procedure. Your vision should gradually improve over the next four to six weeks, depending on your prescription. (The higher your prescription now, the longer your recovery time following your procedure). During this time, your eyes will be sensitive to light, and your vision may dim in the evenings. You may also experience some halos around lights during this time. These symptoms and any discomfort should decrease each day. Complete visual recovery typically takes 3 to 6 months.

Dryness is a common symptom and regular use of artificial tears is recommended. If you experience more significant dryness during healing, a Spectrum Lasik doctor may need to provide punctal plugs. This is necessary to treat tear deficiency, and has an additional charge that is not part of your laser surgery fee.

You may experience red spots in the white of your eyes following your procedure. This is minimal bruising that should disappear within 2 to 4 weeks.

Reading may be difficult initially, following your procedure. If you are over the age of 35, you may find over-the-counter reading glasses helpful until your vision stabilizes. A prescription for reading glasses may be provided after this, if necessary.

Over or under-response to the laser treatment may sometimes occur. However, the chance of needing an additional 'touch-up' procedure is low. If required this may be performed 3 to 6 months after the initial procedure once vision has stabilized.

Keep in mind that everyone heals differently. Your individual progress will be monitored throughout the recovery period during your regularly scheduled post-op visits.

### EYE PROTECTION

Protective eye shields will be given to you post operatively. Wear the shields while you sleep for the next five nights following your procedure. You should also seriously consider some form of eye protection, such as sunglasses, for a week following your procedure. If you have had ASA (Advanced Surface Ablation), sunglasses should be worn for one month.

### POST-OP VISITS

Post-operative visits are an important aspect of your complete laser vision correction. Your first post-op appointment will be the day following your procedure, and it is mandatory. After that, your doctor will determine how frequently you will need to return for additional post-op visits but these are typically done at 1 day, 1 week, 1 month, and 3 months.

Your post-op visits are extremely important and it is critical that you keep these appointments. If you are having any unusual problems, or have questions between your appointments, please call the office before 3:00 pm. This will allow time for a technician to speak with you or so that you can stop in the office if necessary. If you are having problems or have a question after office hours, call the After-Hours Emergency number on the back page and a technician or the doctor will return your call.

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