

LASIK

Postoperative Instructions



1. Go home and get as much rest as possible today. Keep your eyes gently closed as much as possible. Taking your relaxing pill will help you accomplish that.
2. Keep your eye shield on until your one-day postoperative appointment. Wear the eye shield at bedtime for one week following surgery.
3. Do not rub, bump or squeeze your eye shut following surgery since this may dislodge the flap.
4. It is recommended that you protect your eyes for three weeks with sunglasses, sports goggles and/or safety glasses while engaging in outdoor activities, or if in your occupation you are at risk of an eye injury.
5. Do not drive unless you feel confident and safe with your vision. Never drive while under the influence of any pain medications or relaxing medications. Your vision may fluctuate for the first few weeks. Use good judgment.
6. Do not wear eye makeup for one week following surgery. Avoid any pressure on the colored part of your eye following surgery.
7. You may bathe or shower; however, avoid getting any water in your eye for two weeks after surgery.
8. No swimming, hot tubs or whirlpools for two weeks.
9. You may experience light sensitivity and/or glare around lights. Bring sunglasses with you tomorrow. You should protect your eyes with UV filtering sunglasses following surgery.

You may experience some of the following symptoms today: light sensitivity, scratchiness, burning sensation and tearing. If these symptoms persist beyond four hours, please call the office.

Today: Xanax. Take 1 tablet every 6-8 hours as needed for sleep.

- *Do not take more often than prescribed.*
- **Do not drink any alcohol while taking prescription relaxing medications.**

Start Tomorrow:

- ***It is important to follow the instructions on your eye medications exactly. Any prescription eye drops may have severe side effects if used other than prescribed.***
- _____ Use 1 drop in the RIGHT / LEFT eye ___ times a day for 7 days.
(steroid drops)
- _____ Use 1 drop in the RIGHT / LEFT eye ___ times a day for 7 days.
(antibiotic drops)
- Any preservative-free artificial tears can be used frequently for lubrication starting 1 day postop.

Your follow up visit is tomorrow at _____ a.m. / p.m. Rancho Office Colton Office

If you have a concern and need to speak to a doctor, you may call (909) 937-9230. Please call **800-345-8979 after 5 p.m.**