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POST-OPERATIVE INSTRUCTIONS FOR LASIK

DAY OF SURGERY

Relax for the rest of the day. If you are unable to sleep, try and rest and keep your operated eye(s) closed. You should not drive a car, operate machinery, or attempt stairs after surgery. **DO NOT RUB YOUR EYE(S);** it will increase the incidence of dislocating the corneal disc. **Your eye(s) may be teary today. Wear your sleep goggles or sleep mask while sleeping for (7) days.**

FIRST DAY AFTER SURGERY

Your eye(s) may seem somewhat blurry, but should improve as the day goes on. Please refrain from touching them. The redness and irritation will subside after you begin drops. Gently blot the excess moisture if needed.

SYMPTOMS OF HEALING

The surface cells of the eye(s) heal during the first 3-5 days after your procedure. During this time, your vision may be very blurry and your eye(s) may appear a little red and swollen.

- The eye(s) may feel scratchy/itchy (similar to having an eyelash in the eye), or which may cause it to water and your nose may run. Dryness is common after LASIK, usually resolving slowly. Artificial tears may be used to relieve this irritation.
- Expect your vision to fluctuate during the first weeks. It will probably be blurry in the morning, but clear in the afternoon.
- You can expect dimming of your vision in the evenings. You may have a light sensitivity, see halos and glare for 6-8 weeks.

These are all NORMAL symptoms and will disappear within a few days.

ACTIVITIES & GENERAL GUIDELINES

- The most important instruction is to NEVER RUB OR TOUCH YOUR EYE(S). Rubbing will only increase irritation and may dislodge the corneal flap.
- UV blocking sunglasses required when outdoors after surgery for a minimum six months.
- DO NOT wear mascara or eyeliner for two (2) weeks.
- The day after surgery, after you see the doctor, you may drive if you feel comfortable and safe with your vision to do so.
- Avoid strenuous activities for two (2) weeks.
- No scuba diving for 4 weeks after surgery, as it could affect healing of the eye(s).
- Avoid getting water in your eyes for 14 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzis, saunas and the ocean.
- Avoid smoky and dusty environments until the contacts are removed (i.e. construction sites, stables, etc.)
- If in doubt about activities you can or cannot do, please call our staff during normal business hours.

NEXT APPOINTMENT

Your next appointment is ____/____/____ at _____ am /pm in the Melbourne Office.

I have received a copy of this post-operative instructions sheet and have had the instructions explained to me, and I have had all my questions answered to my satisfaction.

Patient Signature

Date

Witness Signature

Date