

POST OPERATIVE INSTRUCTIONS for LTK

POST OPERATIVE SYMPTOMS: During the first 24 hours your eyes may sting and tear. You eyes may appear red and swollen. You may also experience scratchiness, sensitivity to bright light and a foreign body sensation. The level of discomfort varies from mild to moderate discomfort. A cold compress may help alleviate the pain, which rarely lasts more than 24 hours. At first, you may be able to see the rings of spots from the laser on your corneas. These are not permanent and will probably fade within three weeks.

MEDICATIONS: It is important to closely follow the instructions for eye drops as they are an integral part of the healing process. You will be using Acular, a nonsteroidal anti-inflammatory drop to aid in the healing process and Artificial Tears to lubricate the eyes and help decrease irritation.

Acular - One drop four times per day for two days, starting the day of surgery

Artificial Tears - One drop following the Acular, more as needed for irritation

Tylenol, Advil or other over the counter pain medication can be taken as needed for discomfort.

POST OPERATIVE ACTIVITY AND ENVIRONMENT: After surgery it is best to rest as much as possible in the first 24 hours. For the first few hours after surgery, keeping your eyes closed may help reduce discomfort. Avoid rubbing your eyes. All eye irritants, including airborne chemicals such as vapors, fumes, aerosol sprays and smoke, dirty water and dust should be avoided. Eye make up should not be worn until three days after surgery. Swimming, hot tubs, Jacuzzis and sunbathing should also be avoided for the first 2 weeks. A normal exercise routine can be resumed 24 hours after surgery, but contact sports that could result in eye injury should be avoided for the first month. No driving until you are advised by the doctor.

VISION: Your vision may fluctuate during the first few weeks and your eyes may be light sensitive. You may have glare or star bursting around lights at night and your vision may appear hazy or foggy. These are normal side effects that should diminish as your eyes heal. Your vision may also be affected by fatigue. Remember, we all heal at our own rate, so be patient.

FOLLOW UP: Your optometrist will see you the day after surgery. It is important to keep all of the recommended follow up appointments to ensure proper healing.

If you have any problems, questions or concerns, please contact your optometrist.

If you are unable to reach your optometrist, please call us at 412-469-9484 or if after 4:30 p.m., call 412-466-8011.