

POST OPERATIVE INSTRUCTIONS for RK, AK AND LRI

POST OPERATIVE SYMPTOMS: During the first 24 hours your eyes may sting and tear. Your 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. A cold compress may help alleviate the pain, which rarely lasts more than 24 hours.

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 Tobradex, an antibiotic steroid, to aid in the healing process and Artificial Tears to lubricate the eyes and help decrease irritation.

Day of Surgery: **Tobradex** – One drop after returning home from surgery, one drop in the evening, and one drop before bed
Artificial Tears – Use after the Tobradex, more as needed for irritation

Day 2-5: **Tobradex-** One drop four times a day
Artificial Tears- One drop four times a day, 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 be hazy or foggy. It is normal for your vision to fluctuate from morning to afternoon, appearing clearer in the morning. Your eyes may be sensitive to light and you may have glare or star bursting around lights at night. These are normal side effects that should diminish as your eyes heal. Remember, we all heal at our own rate, so be patient.

FOLLOW UP: Your optometrist will see the day after surgery. If you had this procedure done as an enhancement, your optometrist will see you in 7-10 days. 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.