

**POST OPERATIVE INSTRUCTIONS for LASIK SURGERY**

**POST OPERATIVE SYMPTOMS:** During the first 24 hours your eyes may sting and tear. You may also experience tenderness, minimal discomfort and swelling of your eyelids. Superficial blood spots may appear on the white of the eye. These should disappear within 2-4 weeks.

**POST OPERATIVE PROTECTION:** Following surgery, an eye shield will be placed over the treated eye or eyes. This shield should be worn for the first four hours after surgery. It should also be worn while sleeping for the first four nights. In addition, you will be provided with a pair of sunglasses. Your eyes may be sensitive to light for a few days.

**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 removing shield, one drop in the evening, and one drop before bed

**Artificial Tears** - Use one minute after the Tobradex, 3-4 times a day, more as needed for irritation

Day 2-5:           **Tobradex** - One drop four times per day

**Artificial Tears** - One drop four times per day, more as needed for irritation

Tylenol, Advil or any 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. After the shields are removed, **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. It may take three to six months for complete visual recovery; however, 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 your 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.