

LASIK

Post-Procedure Patient Instructions



HEALING SYMPTOMS:

DO NOT RUB/SQUEEZE EYES FOR 2 WEEKS. YOUR VISION WILL BE BLURRY AND FLUCTUATE FOR THE FIRST FEW DAYS AND GRADUALLY IMPROVE OVER THE NEXT 4 WEEKS. THIS IS NORMAL. COMPLETE VISUAL RECOVERY TAKES AT LEAST 3-6 MONTHS.

Your eye may sting and tear for the first day. Your eye lids may be slightly swollen initially and your eyes may also be red with spots of superficial blood which will disappear over 2-4 weeks. Lubrication and time will improve your comfort. Tylenol, Advil, or other similar pain relievers may be taken if necessary.

Reading may be difficult initially. If you are over 40, temporary reading glasses may suffice until your vision has stabilized, then permanent prescription readers will be necessary.

Normal healing involves some regression (partial return to nearsightedness or farsightedness) and this is accounted for in your initial treatment. If regression is significant, an enhancement (retreatment) may be performed 6 months after the initial LASIK procedure. Once vision is stable a disposable contact lens or glasses may be worn, if needed, after 1 week following LASIK until the time is right for enhancement.

Please remember that everyone heals differently. Your progress will be monitored at regularly scheduled visits and your management will be decided accordingly.

SLEEP: It is best to sleep as much as possible as this will promote healing. This is especially important the day of your procedure. **Wear the protective goggles provided while sleeping for 1 week.**

EYE DROPS: You will purchase the Imprimis eyedrop at our office; it is not called into a pharmacy.

<p>Imprimis Prednisolone + Moxifloxacin + Nepafenac (Purple Top)</p> <p>Shake Well Before Using</p>	<p>Combination antibiotic, steroidal anti-inflammatory, and nonsteroidal anti-inflammatory drop</p>	<p>Day of your procedure: One drop after your nap; one drop with each meal for the rest of the day; one drop at bedtime</p> <p>Days 1 through 7: One drop 4 times daily (e.g. breakfast, lunch, dinner, bedtime)</p> <p>Days 8 through 14: One drop 2 times daily (e.g. morning and night)</p>
<p>Systane, Optive, or Equivalent in individual vials (over the counter)</p>	<p>Preservative Free Artificial Tear Drops</p>	<p>Day of your procedure and day 1: One drop every hour</p> <p>Days 2 through 7: One drop every 2 hours, and more frequently as needed</p> <p>Day 8 and beyond: Continue to use 4-6 times daily</p>

ACTIVITIES: Wait two full weeks before swimming, hot tubs, or jacuzzis. No driving until permitted.

VISUAL RECOVERY:

- Your vision will slowly improve over a period of 5 to 10 days.
- You can wear eye makeup and return to most normal activities 1 week after your procedure.
- Your focus will vary throughout the day and it will take several seconds for objects to become clear. Your depth perception may be lacking for 7-10 days, so take special care, especially with driving.

STANDARD EXAM SCHEDULE:

- You will have a follow up appointment the day after your procedure then again in 5-7 days to check for infection.
- You will be scheduled for a 1 month and 3 month follow up appointment to check for normal healing..
- You will need to schedule annual eye exams with your eye doctor to check for visual stability and to evaluate general eye health.