

## **Post Operative Instructions for LASIK**

### **The day of your surgery**

After surgery, most patients experience general scratchiness and foreign-body-in-the-eye sensation, with some tearing. Some pain or discomfort is normal and does not mean anything is wrong. It is not unusual for your eyelid to be slightly swollen or even droop a little. Bright light may be bothersome.

### **Vision after surgery**

It is normal for vision to vary the first few weeks following LASIK. Your near vision may be especially bad in the first few days. This is normal, do not be alarmed.

### **Required Medications**

**\*Ciloxan antibiotic drops.** One drop 4 times a day for 5 days (breakfast, lunch, dinner, and bedtime). Use 5 minutes apart from any other drop. Instill one drop inside the pulled-out lower eyelid of each eye. **PRESCRIPTION WILL BE GIVEN.**

**\*Flarex anti-inflammatory drops. Will be given day of surgery.** One drop 4 times a day for 5 days (breakfast, lunch, dinner, and bedtime). Use 5 minutes apart from any other drop. Instill one drop inside the pulled-out lower eyelid of each eye. **SHAKE 30 TIMES BEFORE USE.**

**Artificial tears,** preservative-free lubricating drops. Use 4 times a day for one month. May be used more often (One box of these drops will be provided.) Most drug stores will carry **Preservative Free** artificial tears.

### **Optional Medication**

**\*Voltaren** drops for pain and light sensitivity. One drop 3-4 times a day for discomfort for up to 2 days following surgery. These drops may be started 1 hour after surgery. Instill inside the pulled-out lower lid of each eye. **THIS PRESCRIPTION WILL BE GIVEN.**

## Reminders for LASIK

### **\*DO NOT RUB EYES FOR ONE MONTH!**

\*Wear the eye shields while sleeping for 7 days following surgery. If necessary, you may tape the shields in place.

\*Do not use sunblock, moisturizers, or make-up on or around the eye area for 7 days following surgery.

\*You may shower and shampoo, but keep your eyes closed for the first two weeks.

\*Delay the following activities as indicated:

|  |         |
|--|---------|
| Ocean swimming, scuba diving, surfing, water skiing    | 1 month |
| Pool swimming  | 2 weeks |
| Aerobics, running, biking                              | 1 day   |
| Construction work, exposure to heavy dust or chemicals | 1 day   |

### Infection

Infection following LASIK is extremely rare. However, if it does occur, it is important to catch it early to prevent any damage. Signs of infection include a white spot on the cornea, redness that persists beyond one day, eyelid swelling, pain and mucous discharge. These could all simply be side effects of the surgery. If you are concerned, please call our office.

**For any questions about the surgery, your eye, or the use of medications,  
please call 408-296-1010**