

LASIK POST-OPERATIVE CARE

1. **DO NOT RUB THE OPERATIVE EYE!** This includes touching the eyelids. Avoid activities which may subject your eye to accidental trauma. These restrictions will be lifted when your eye has sufficiently healed; talk to your doctor about your particular situation. While the corneal flap (cap) will be quite secure after 1 day, trauma can dislocate the flap for an unknown period of time. For safety, avoid applying shearing forces that could dislocate the flap for at least the first month.
2. Use of sunglasses outdoors is encouraged for the first week or two. These will protect your healing eye(s) from the sun and accidental injury.
3. Wear the protective goggles over the operative eye(s) when you sleep or nap for 1 week (or longer if you think you may rub your eyes during sleep).
4. Do not use make-up for 1 week.
5. Avoid getting water into your eye(s) when washing for 1 week.
6. Refrain from the use of hot-tubs, saunas, or steam rooms for 4 weeks. No swimming for 2 weeks; you may wade after 48 hours. For other activities, follow the restrictions below:

Daily activities.....resume after 24-48 hours.

Immediately after surgery, go home and rest, keeping both eyes closed as much as possible for the first day or two after surgery. It is strongly advised to take a 2 hour nap you get home from surgery.

Exercise..... resume after 48 hours.

Do not participate in contact sports such as basketball, football, racquetball, etc., until healing is underway, and always wear protective eyewear.

Gardening..... resume after 2 weeks.

7. Unless otherwise instructed, use your eyedrops as follows:

Immediately after surgery:

Zymar One drop every 2 hours while awake.

Pred Forte1% (do not use generic)
One drop every 2 hours while awake.

Artificial tears One drop **every hour** while awake (do not have to use when napping or sleeping). Use preservative-free artificial tear drops; these are the boxed, single-use tear drops with the twist-off tab tops (Refresh Plus, TheraTears, etc.)

Starting the following day:

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| Zymar | One drop 4 times a day. |
| Pred Forte 1% | One drop 4 times a day. |
| Artificial tears | Continue one drop every hour while awake. After one week, can use the bottled, <u>semi-preserved</u> tear drops (Refresh, GenTeal, etc.). |

8. **Immediately after surgery, your vision will be blurry.** Do not be alarmed; generally, it will clear significantly by the following day, with continued improvement in the days that follow. The time required to achieve the best possible vision will depend on the degree of your nearsightedness or farsightedness. Expect your vision to fluctuate. It may take a few weeks for this to resolve.

Your ability to drive safely will depend on how quickly your vision improves. Most patients can resume driving immediately. You may have more difficulty at night, as many patients experience temporary glare and halos.

9. You may experience some foreign-body or gritty sensation for the first day or two. Most patients do not experience what can be described as significant discomfort. The teardrops provided will help to relieve these symptoms. **It is normal for your eyes to have bright red splotches on them.** These hemorrhages will resolve over 1-2 weeks.

10. If your vision decreases, pain develops, or redness increases, call your doctor at the office. If the office is closed, do not hesitate to page him at **(313) 714-9899**. If you have difficulty with the paging system, call the answering service at **(313) 396-0524**. Your doctor will be available day and night.