

## Care of Your Eye(s) after Refractive Surgery (LASIK)

### After Surgery:

- 1) Please go directly home to relax. Pain and sleeping medications prescribed should be taken as directed, if needed.
- 2) **Do NOT REMOVE THE SHIELDS UNTIL EXAMINED THE NEXT DAY.** The shields are to be worn for the next week while sleeping. (Unless otherwise directed).
- 3) Please do not get water directly in the operative eyes for one week. You may shower, but keep your eyes closed and aim the flow of water away from the eyes.
- 4) No exercise for 48 hours after surgery.
- 5) No eye make-up around the eyes or mascara for one week.
- 6) No swimming in pools, rivers, hot tubs for 2 weeks.
- 7) No tanning bed for one month
- 8) No rubbing of the eyes for one month
- 9) Avoid getting dust or dirt in the eyes. This will irritate the eyes as well as increase your risk of infection. If dust or dirt does get into your eyes, use the nonpreserved tears to flush the eyes.

### The First Day after Surgery:

- 1) The eyes may be sensitive to touch, scratchy, and light sensitive. The eyes may even be red. These symptoms will subside as the eyes heal.
- 2) The vision may be blurry or foggy after surgery and may fluctuate. This usually improves as the eyes heal.

These symptoms and any discomfort you might have should improve each day. **CALL IMMEDIATELY** if any eye pain persists or occurs after the initial surgical discomfort has subsided.

### MEDICATION INSTRUCTIONS (MEDICINES MAYBE GENERIC):

- 1) PAIN: Darvocet N-100 1 or 2 pills every 4 to 6 hours for pain as needed. (4 pills given)
- 2) SLEEP: Halcion 1 or 2 pills for sleep as needed. (2 pills given)
- 3) **DROPS: Zymar and Pred Forte 1 drop 4 times a day for 5 Days. Begin the day AFTER your surgery.** (Unless otherwise directed).

