

POST-OPERATIVE INSTRUCTIONS FOR LASIK

DAY OF SURGERY

GO HOME AND SLEEP. If you are unable to sleep, try and rest and keep your operated eye(s) closed. You should not drive a car, operate machinery, or attempt stairs after surgery. **DO NOT RUB YOUR EYE(S);** it will increase the incidence of dislocating the corneal disc. **Your eye(s) may be teary today. Wear your sleep goggles or sleep mask while sleeping for (7) days.**

FIRST DAY AFTER SURGERY

Your eye(s) may seem somewhat blurry, but should improve as the day goes on. Please refrain from touching them. The redness and irritation will subside after you begin drops. Gently blot the excess moisture if needed.

ACTIVITIES

- The day after surgery, after you see the doctor, you may drive if you feel comfortable and safe with your vision to do so.
- Swimming is discouraged for two (2) weeks; also use caution when showering because of the risk of infection.
- DO NOT wear mascara or eyeliner for two (2) weeks.
- Avoid strenuous activities for two (2) weeks and should wear protective eyewear for racquet and all contact sports.
- No scuba diving for 2-4 weeks after surgery, as it could effect healing of the eye(s).
- DO NOT use tanning beds for at least six (6) months.

CARE OF THE EYE(S)

- The most important instruction is to NEVER RUB OR TOUCH THE EYE (S). Rubbing will only increase irritation and may dislodge the corneal flap.
- It is normal for your eye(s) to be sore and sensitive. The drops will help alleviate this sensitivity.
- Your eye(s) may feel scratchy and irritated. **THIS IS NORMAL.** Artificial tears may be used to relieve this irritation. Dryness is common after **LASIK**, usually resolving slowly.
- Expect your vision to fluctuate during the first weeks. It will probably be blurry in the morning, but clear in the afternoon.
- You can expect dimming of your vision in the evenings. You may have a light sensitivity, see halos and glare for 6-8 weeks. These are normal. These symptoms and any pain will decrease day by day.