

LASIK AFTERCARE INSTRUCTIONS

- ❑ After examining you, we will place goggles over your eyes before we send you home. Keep your eyes closed as much as possible for the first 4 hours after the procedure, although you can open them to walk to the car or go to the bathroom. You can nap for the 4 hours if you prefer.
- ❑ After 4 hours you can remove the goggles and open your eyes. Replace the goggles at bedtime and wear the night of your surgery.
- ❑ Your eyes may be uncomfortable. You may experience irritation, dryness, watering and scratchiness, and light sensitivity for about 1 week following your procedure. These symptoms may persist for up to 1 month.
- ❑ Your eyelids may be swollen following the procedure. The eyelids will gradually return to their normal appearance.
- ❑ You may see a red area on the white part of the eye after surgery. This will gradually clear and your eye will regain its normal appearance.
- ❑ Daily fluctuations in vision are normal. Your vision may be blurry for 2 to 3 weeks after the procedure.
- ❑ A bandage contact lens may be placed on your eye to help reduce any discomfort. It will be removed at your aftercare visit tomorrow. Do not remove the lens yourself. If it falls out, do not replace it.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not rub the treated eye(s) until the next day.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 1 week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye makeup for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh makeup; old mascara and eyeliner accumulate germs. You may resume wearing the makeup you already have after 1 week.
- ❑ If you are having 1 eye treated (instead of both eyes on the same day), you may still benefit from wearing your glasses temporarily for the eye not treated.

□ **Medications:**

- Begin the eye drops when you remove the goggles after 4 hours.
- **Prednisolone Acetate /Gatifloxacin (Pred-Gati):** Combination antibiotic/anti-inflammatory eye drop, which helps prevent infection and helps the eye heal. **SHAKE WELL** before each use. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. You may stop the drops if they run out. Many patients notice an unpleasant taste in the back of their throats after using this drop. This is normal and does not last.
- **Artificial Tears:** Lubricant which helps with discomfort. You may use these drops or other eye lubricant to lubricate the eyes for dryness, burning, or irritation as needed, even during the first 4 hours after surgery. Lubricants with preservatives should not be used more than 4 times a day as the preservative may irritate the eye. Lubricants may crystallize on eyelashes overnight, and can be removed by gently wiping with a clean, warm, moistened washcloth to your closed eyes.
- **Ambien:** Sleeping medication. Take the Ambien pill we gave you when you get home. You will sleep for several hours. You may use the second Ambien pill to get to sleep tonight if needed. **CAUTION: There have been reports of sleep driving in people taking Ambien.**
- **Tylenol, Advil, Nuprin (or your preferred pain reliever):** As needed for discomfort. Do not take more than 1 pain reliever at a time.

□ Your 1 day aftercare visit at: _____ is scheduled for: _____.

□ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.