



LASIK Post-op Instructions

Today

Go home and rest. If you are uncomfortable take 2 Advil or 2 Tylenol. You may take one every four to six hours as needed for pain. Placing a cold washcloth over your eyes while resting is very comfortable. Begin using your drops when you arrive at home. Wear the plastic shields over your eye(s) at night or whenever you sleep or nap. Do not rub your eyes. You will be more comfortable with your eyes closed, but it is ok to "peek". Don't worry if your eyes are tearing, this is a natural response and the tears are soothing and aid the healing of your eyes.

What to Expect

Expect your vision to fluctuate during the 2-3 weeks following surgery. You may experience dimming of your vision in the evening or light sensitivity or glare. These symptoms and any discomfort you may have will grow less each day. Get plenty of rest.

General Cleanliness

Do not get anything in your eye for the first three days. Avoid eye makeup, gardening and dusty, dirty environments for at least one week. You may wash your face, shower and shampoo your hair 24 hours after your procedure but keep your eyes closed so no soapy water gets in your eyes.

Tomorrow

You will see your post-op doctor one day after surgery. Your eyes may be somewhat sore and the vision may be blurry. These symptoms should improve with time. The redness and irritation will subside in one or two days.

Daily

You will be using eye drops in your surgical eye(s) for seven days following the surgery. The drops may sting on instillation. Wash your hands before instilling drops and do not touch the dropper bottle to your eye. Wait 5 minutes between drops. Use preservative free artificial tears every 2 hours for the first week following your LASIK. Wear sunglasses during the day and the plastic shields whenever you sleep (at night and naps) for a week.

Two Weeks

For two weeks after surgery avoid swimming, hot tubs, saunas or any other contact with possibly contaminated water. You may resume jogging, weight lifting or aerobics one week after surgery but do not increase your level of exercise for two weeks.

Two Months

Do not rub the surgical eye(s) for two (2) months. Avoid contact or racquet sports for one month following surgery. After this time it is recommended that you wear protective eyewear while playing contact or racquet sports.

Post-op Care

You and your counselor have chosen a specific doctor to provide your post-op care. Multiple communications, appointments and financial arrangements have been set with this doctor selected for your post-op care. Should you chose to see a different doctor for your post-op care, your "Limited Lifetime Warranty" will become null and void, the LASIK fees you have paid will not apply to his/her post-op care and you will be responsible for any fees incurred with that doctor.

Questions?

If you experience any unusual problems or have any questions, please contact your referring doctor or call EYE CENTER OF TEXAS at 713-797-1010.