



Your LASIK Post Operative Instructions

Please carefully follow these instructions and record your daily medication usage on the form that was given to you.

PRECAUTIONS

- After surgery, take a nap or rest with your eyes closed for the first 3–4 hours
- Follow the prescribed course of eye drops (see medications sheet).
- **Do not rub, squeeze or squint** your eyes for 1 week.
- You may take a shower the day AFTER surgery but keep your eyes closed. Do not allow water to spray directly onto your face. Avoid soap or shampoo in your eyes for 1 week.
- Wear your eye shields at night for one week. Use the tape to fasten shields to your eyes.
- Eye cosmetics should not be used for 1 week.
- Avoid getting sweat in your eyes for one week and excessive workouts for 5 days.
- Do not swim; use a tanning bed, sauna or hot tub for 1 month following surgery.
- No scuba diving for 3 weeks.
- Wear UV coated sunglasses outside for 3 months after surgery to protect your eyes
- You may fly 5 days after surgery.

WHAT TO EXPECT

- On the day of surgery your eyes may burn, sting and tear excessively for 3-4 hours. Try to take a nap during this time
- You may feel a foreign body sensation and tearing for 24 -48 hours
- Your vision will be blurry for 24 hours. Your vision may fluctuate mildly over the next 3 months (especially with reading or using a computer). Full recovery from surgery takes 3 months
- You may initially notice loss of detail at night with glare and starbursts. These symptoms tend to resolve gradually over the next few months while your eyes heal.

FOLLOW UP

- You will routinely be seen 1 day, 1 week, 1 month, 3 months, 6months and 1 year after surgery for your post operative care. The schedule may be adjusted based on how your eyes heal
- It is recommended to be seen annually for a dilated exam after refractive surgery.