

POSTOP LASIK INSTRUCTIONS

Beeper---242-5200

You may experience some **mild** scratchiness, irritation or itching on the day of surgery. Your vision will be foggy and hazy on the day of surgery. Take Tylenol or Motrin if needed for pain after surgery. Call Dr. Hawkins if pain and irritation becomes severe.

Do not rub your eyes for 2 weeks after the procedure.

Avoid windy, dusty, dirty environments for 1 week.

An eye shield will be provided in the postop kits. The shield should be worn all day on the day of surgery and every night while sleeping for the first week. Use extra care not to play with small children or animals for the first week.

A drop of Prednisolone acetate and Vigamox will be administered following your surgery. Prednisolone and Vigamox will be used 4 times per day for the first week. Shake Prednisolone prior to use. Wait 5 minutes between instillation of each eye drop. Use lubricating tear drops (preferably preservative free Systane or Refresh Plus). Be careful not to touch the eye when instilling eye drops.

Take a nap immediately when you get home after surgery. This is very important. Try to keep your eyes closed as much as possible the day of surgery, especially the first few hours.

Do not swim for 2 weeks and avoid any water entering your eyes. When showering keep your face away from the water stream of the shower. Wash your face lightly with a clean face cloth.

Do not use eye make-up, foundation or loose powder for one week following surgery. Try to keep your eyes closed for 2 hours after surgery.

Don't drive until you feel comfortable doing so, at least wait until the next day after surgery. Avoid contact sports such as football, basketball, boxing, karate etc. for about 1 month.

Followup typically will be a 1 day, 7 days, 1 month, 3 months and 1 year after surgery.



DAVIDSON EYE ASSOCIATES, PA—LASIK INSTRUCTIONS

On The Day of Surgery

Arrange for someone to drive you to the office on the day of surgery. Most people do not need a driver for the first postop visit on the day after, but have one arranged in case you are not completely comfortable driving yet.

No perfumes, colognes, aftershaves or other fragrant materials should be worn on the day of surgery because the laser is very sensitive.

Wear warm, comfortable clothing as the laser room tends to be cool.

No smoking or caffeine on the morning of surgery, but you may eat breakfast before you come in if you desire.

Two sedative tablets will be prescribed on the day of your evaluation. Take them about 30-45 minutes before you arrive for your surgery. **All eye drops** prescribed at your evaluation **should be brought to the office** on the day of surgery. Use Vigamox (antibiotic drop) one time on the morning of your surgery (30-45 minutes before arrival).

Patients should buy a box of preservative free tears (Refresh plus or Systane) prior to their surgical date.



DAVIDSON EYE ASSOCIATES

BEFORE LASIK/PRK SURGERY

Discontinue contact lenses 2 weeks prior to evaluation date. Lenses should not be worn for 1 week prior to surgery.

Rigid gas permeable contact lenses need to be discontinued for 3 weeks prior to evaluation date and remain out for 3 weeks prior to surgery.

If possible, do not take antihistamines or decongestants for 1 week prior to surgery and limit use for the first few weeks after LASIK. These medications will dry the eye and cause slower healing.

Let us know prior to evaluation if you are nursing, pregnant, or planning to become pregnant. We recommend waiting in most cases if you are nursing or pregnant.

After your LASIK evaluation, you may go back into contacts do not wear contact lenses for at least 1 week prior to surgery if soft contact wearer, 2 weeks if rigid gas permeable wearer.

Please begin to use Vigamox (antibiotic) drops 4 times per day in both eyes starting 2 days prior to surgery.

If you have questions about pricing or about our financing program through **Care Credit**, please ask for Karen Livengood. If you have questions about the procedure itself, ask for Shanna or Misty.



DAVIDSON EYE ASSOCIATES POST-OP PRK INSTRUCTIONS

Beeper—242-5200

You will experience mild to moderate pain, scratchiness, and sensitivity to light for the first 3 to 5 days after surgery. You will need to plan on reduced activities because of these symptoms. Most people will not feel comfortable driving for the first 3 to 5 days after surgery. Blurred vision will occur for the first 3 to 5 days, but will steadily improve after that time. Sunglasses will greatly assist with comfort both indoors and outdoors after surgery. Wear the provided eye shields while sleeping for the first 4-5 days (until bandage contact lens is removed).

Leave the bandage contact lens in place until the doctor removes it at day 3 to 5. Do not attempt to replace it if it falls out. If it falls out, you will experience significant increase in pain. Call the doctor immediately if it falls out.

Healing time varies but most people have good functional vision at 4 days or 1 week after surgery. You may drive as soon as you feel comfortable. Your driver's license status must be changed by the DMV before you can legally drive without glasses.

Do not swim or wear makeup for the first week. Do not rub your eyes for the first week after surgery.

Use the following drops/medications after surgery: 1. Vigamox 1 drop 4 times/day. 2. FML 1 drop 4 times/day 3. Prolensa or Ilevro once per day (usually a sample will be given to you on the day of surgery. 4. Systane or Refresh Plus preservative free tears every 2 hours while awake 5. Refresh Optive with alcaine numbing drops will be given to you on the day of surgery, **use up to every 2 hours** for temporary pain relief. **Don't use more than every 2 hours or healing will be delayed.** 6. Vitamin C 500 mg twice/day can facilitate healing and decrease pain. Start immediately before or immediately after the surgery.



