



POST-OP LASIK INSTRUCTIONS

Beeper - 242-5200

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.

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.

A drop of Prednisolone acetate and Besivance will be administered following your surgery. Prednisolone and Besivance 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.

An eye shield will be provided in the post-op 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.

Avoid windy, dusty, dirty environments for 1 week.

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

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.

Do not drive until you feel comfortable with your sight. Wait until at least the next day after surgery to drive. Avoid contact sports such as football, basketball, boxing, karate, etc., for about 1 month.

Follow-up typically will be at 1 day, 1 week, 1 month, 3 months and 1 year after surgery.