

LASIK

L A S E R A S S I S T E D I N - S I T U K E R A T O M I L E U S I S

Post-Operative Drop Regimen



Vigamox

This is an antibiotic drop used to prevent infection after surgery. Use one drop in the operative eye (s) **four times a day** for one week. We recommend scheduling your drops with breakfast, lunch, dinner, and bedtime.



Lotemax

This is a steroid solution used to decrease inflammation and **regulate healing**. Use one drop in the operative eye (s) **every four hours** for one week following surgery. Remember to shake the bottle gently before each use.



Preservative Free Lubricating Drops
It is important to keep the eye(s) well lubricated following LASIK surgery since

this will aid in the healing process. We recommend using artificial tears ever hour for the first week after LASIK, then 5 to 6 times a day or more afterward to comfort and re-wet your eyes. You may continue to use **preservative free tears** for up to 6 months after your procedure.

After Surgery

Go home and rest. Do NOT drive. Should you have any discomfort following your procedure, you may take two Advil or Tylenol every 4-6 hours as needed for relief. Keep your eyes closed as much as possible to avoid strain. Be sure to **wear your eye shields** each time you sleep or nap. Don't worry if your eyes are watering, as this is a natural response and the tears will aid in the healing of your eyes. Do not get anything in your eyes for **two weeks** following your surgery. Avoid eye makeup for **two full weeks**. Your eyes may be somewhat sore and your vision may be blurry, but these symptoms will improve with time. You may also have some redness, but it will subside within a few days.

The Following Days After Surgery

You may expect your vision to fluctuate during the first week or two after LASIK. You may experience dimming of your vision in the evening or an increased sensitivity to light. These symptoms and any discomfort you may have will grow less each day. You may notice that these side effects may increase when you are tired.

Physical Activities

We recommend that you **wear protective eyewear** while playing contact or racquet sports or when involved in any activities where there is a potential danger of getting dust, chips, fumes, etc. in the eyes. Avoid swimming, hot tubs, saunas, or any contact with possibly contaminated water for **two weeks** after your procedure. You may resume jogging, weight lifting, or aerobics two weeks after surgery.

Questions?

If you experience any severe pain, loss of vision, discharge (other than tearing), or have any other concerns, please contact our office at (901) 683-4600.

Our physicians are available for emergency care 24 hours a day, 7 days a week.

Post-Operative Instructions

Immediately After Surgery

Go home and rest. Do NOT drive. Should you have any discomfort following your procedure, you may take two Advil or Tylenol every 4-6 hours as needed for relief. Keep your eyes closed as much as possible to avoid strain. Be sure to **wear your eye shields each time you sleep or nap.** Don't worry if your eyes are watering, as this is a natural response and the tears will aid in the healing of your eyes.

A contact lens may be placed in your eye immediately following your procedure. Do not remove the contact lens. If the contact falls out, do not attempt to place it back on your eye. If the eye is extremely painful after the lens comes out, please contact our office immediately at (901) 683-4600. Our physicians are on call 24/7.

General Cleanliness

Do not get anything in your eyes for **two weeks** following your surgery. Avoid eye makeup for **two full weeks.** We recommend purchasing new mascara and eyeliner to prevent infection following LASIK. You may use soap and water on your face, but avoid getting soap in your eyes. **When you shower and shampoo your hair, make sure that you have a dry towel handy so that no water gets in the eyes. Do NOT rub your eyes.**

First Day After LASIK

You are scheduled to return to Southern Eye Associates **the day after your surgery.** Any contact lenses placed on the eye will be removed at this visit. Your eyes may be somewhat sore and your vision may be blurry, but these symptoms will improve with time. You may also have some redness, but it will subside within a few days.

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