LASIK Post-Operative Instructions

Your Medicated Drops:

Vigamox (ANTIBIOTIC)

1 drop (each eye) 4 times a day for 6 days

Omnipred/Generic Prednisolone Acetate (ANTI-INFLAMMATORY)

SHAKE WELL

1 drop (each eye) 4 times a day for 6 days

We will put in your first round of medicated drops. You will need to use them __________ more times today.

Medication Instructions [Vigamox and Omnipred/Generic Pred Acetate]:

• Omnipred/Generic Pred Acetate will blur your vision for a few minutes.
• Wait 2-5 minutes between drops so that the medications do not wash each other out.
• The drops may be used in any order.
• It is not necessary to interrupt your sleep (nap or night) for the medicated drop schedule.
• Follow physician directives on frequency and timing of drops if other than listed above.

Artificial Tears (NOT PICTURED) Twist Top/Single Use:

• Use only preservative-free eye drops during the first week following surgery. Subsequently, you may use preserved drops that are available in larger, multi-use bottles.
• Administering Drops: Do not lift top eyelid. If necessary, pull down gently on lower lid to put drops in.
• Usage: May start using day of or day after surgery. Use at least once an hour (while awake), but may use more often as desired. You cannot use these too often.

Additional Instructions:

• Wear provided clear eye goggles while sleeping for 5 nights.
• Wear provided dark glasses or high-quality sunglasses as needed for bright sunlight, overly bright rooms, or on windy days for first week.
• Do not rub, bump, poke, scratch, or touch your eyes for 1 month.
Following LASIK Surgery:

After your surgery, expect some discomfort such as a foreign body sensation, burning, stinging, red spots, and/or watering. These sensations are normal and usually resolve within 4-8 hours (each patient varies).

- Avoid rubbing, bumping, or scratching your eye; instead use lubricant drops for irritation.
  For now, dab and pat only.
- Rest your eye(s) for 3-4 hours following the procedure and avoid reading, using computers, gaming, excessive texting, and watching television on the day of surgery.
- Do not consume alcohol for 24 hours.
- No swimming for 1 month and no tanning beds or hot tubs for 2 weeks.
- Wear sunglasses when outdoors.

24 Hours after Surgery:

- Use a bath, not shower for the first 24 hours in order to avoid soap, shampoo, or water getting in your eyes.
- Reading, watching television, and using a computer are acceptable as long as adequate eye lubrication is maintained.
- Flying in an airplane is ok, but keep the eye generously lubricated (every 30 minutes) since airplanes have very dry air.

General Instructions:

- Eye pain and headache – You may use over-the-counter medications like Advil or Ibuprofen.
- Showering is okay on the day after surgery. Avoid eye contact with direct flow from the shower head. Keep your eyes closed while washing face and hair. Do not rub your eyes when toweling off.
- Driving is okay once the surgeon clears you (generally after the one-day follow up visit).
- Fluctuation: It is normal for your vision to fluctuate until the cornea heals. Increased use of lubricating drops could help reduce fluctuation. This can occur for up to 1-2 months post LASIK.
- You may begin wearing eye make-up (i.e., eye shadow and mascara) 2 weeks after LASIK, with only gentle rubbing when removing make-up.
- Complete all post-operative care as instructed.

One Week after Surgery and Beyond:

- You may resume normal activities with caution, paying attention to any potential for eye injury. For extreme sports, extreme environments, or unusual activities, please consult with your eye doctor.

AFTER HOURS EMERGENCY CARE
206-683-7231

CENTRAL OREGON: 541-923-0707 * PORTLAND: 503-858-1308

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