



## **LASIK POST-PROCEDURE INSTRUCTIONS**

### **What to expect the day of your surgery:**

- When you arrive home, take the second Valium tablet and start your eyes drops before taking a nap.
- Try to rest and keep both eyes closed as much as possible and avoid overexposure.
- Following surgery, for the first 4-6 hours your eyes may burn, feel scratchy, tear, feel tired, and have a foreign body sensation. Taking Ibuprofen or Tylenol may help alleviate some of the discomfort. Avoid taking any antihistamines. ex. Benadryl, Tylenol PM, Claritin
- You can expect your vision to be cloudy and hazy like you are under water. Your vision will gradually clear up through the day.
- We provide you with clear plastic shields before leaving our office. Wear them the remainder of the day and through the night. The shields may be removed the next morning when you wake up, unless otherwise directed.
- Do not rub or bump your eyes. Avoid trauma to the face.
- Take all the medications as directed (see eye drop instructions).
- Do not get anything in your eye including water, soap, eye makeup, dust, etc.

### **As your eye heals:**

- Do not rub or bump your eye for the first week.
- Take all you medications as directed (see eye drop instructions).
- You can expect your vision to fluctuate for several days up to several weeks. Your vision will stabilize over the next few weeks. Your eyes may continue to tear, be sensitive to light, have a foreign body sensation, and glare. Taking all your medications as directed will help relieve any discomfort (see eye drop instructions.)
- Though an eye infection is very rare, during the first week, be very careful not get anything in your eye including soap and water. We recommend using a dry wash cloth or hand towel in the shower to shield your eyes. Do not use eye make up or mascara. After surgery, purchase new eye make up products.
- Normal activities may be resumed the next day after surgery, except for swimming or using a hot tub. We will advise you when it is safe to resume swimming.

- During the first week, wear your clear plastic shields while you are sleeping.
- If you engage in any contact sports or any activity where your eye could be bumped, wear your shields or some type of eye protection for one month. Refrain from rubbing your eyes for the first month.
- Protect your eyes from sun radiation with a good pair of sunglasses that provide UV protection. Heavy UV exposure can burn your eyes and cause regression problems any time during the first year.
- It is very important to keep all your post-operative appointments to monitor your progress and the health of your eyes.

**Contact our office at 717-767-2000 if you have any change of symptoms or notice a decrease in your vision.**