

## LASIK POST-OP INSTRUCTIONS

- Keep your eyes closed and rest for 2-3 hours after surgery.
- Wear your goggles while resting or sleeping for one week
- Be careful of irritant/chemical for the first few days, such as shampoo, soap and chlorine.
- Do **NOT** rub your eyes.
- Do **NOT** wear eye makeup for 1 week after surgery.
- Do **NOT** play contact sports for 2 weeks.
- Do **NOT** go swimming in a pool for 1 week and a lake or pond for 2 weeks following surgery.
- Do **NOT** get sweat in your eyes.
- Do **NOT** drive, sign legal documents or drink alcohol within 24 hours of taking your Valium.

You may experience a foreign body sensation, sensitivity to light, tearing, blurriness or fluctuation in vision, soreness or tenderness around the eye and red spots on the white part of your eye. All of this is normal and will subside in a few days to weeks.

**If you experience severe pain, loss of vision or excessive tearing, please call the office immediately.**

### INSTRUCTIONS FOR EYE DROPS

- After your nap begin using **Vigamox** 4 times a day and **Prednisolone** 1% every 2 hours today and then 4 times a day. Close your eyes for 2 minutes after putting drop in. Wait 10 minutes between each drop so you do not rinse them out.
- Continue **Vigamox** and **Prednisolone** for 1 week and then discontinue.
- Use preservative-free artificial tears, such as Systane® or Refresh®, at least 4 to 5 times a day for the first few days, then use as needed.



Vigamox



Prednisolone