

# LASIK AFTERCARE— THREE STEPS

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## 1. Step One - Use your eye drops.

- ✓ Get 4 sets of medicated eye drops in before bedtime, one as soon as you get home, then again after a MANDATORY two hour nap, then evening, then bedtime.
- ✓ Prednisilone (steroid) – use **4** times daily for one week !SHAKE FIRST!
- ✓ Zymaxid(gatifloxacin)/Vigamox (antibiotic)- use **4** times daily for one week
- ✓ Use only non-preserved tears in **INDIVIDUAL DROPPERS** every hour the first week, then 4 times through the next 10 weeks. Approved list: *Refresh, Refresh Plus, Refresh Optive, Systane Ultra, or Theratears*. **DO NOT** use **Refresh Optive ADVANCED** or use ANY bottled tears, none, not any, we mean it. No bottles!!
- ✓ Use only one drop at a time and wait 5 minutes between different drops, otherwise the second drop will just wash the first one away.

## 2. Step Two - Do's and Don'ts. Protect your eyes!

- ✓ Wear the protective goggles the first week at night/naps.
- ✓ DO NOT rub your eyes! You may gently clean the lids with a wash cloth, but don't put any pressure on the eyes for the first 3 months.
- ✓ Wear protective eye wear for sports or any activities where you could get hit.
- ✓ For the first week, don't get dust or dirt in the eyes, don't get in a hot tub or sauna, do not exercise where you could perspire, and don't wear eye makeup.
- ✓ You can shower normally, just keep the soap out of your eyes.
- ✓ Don't swim for 3 weeks.

## 3. Step Three - What to expect and follow up.

- ✓ Your first visit is early the next morning after your procedure.
- ✓ Your next visit is 4 to 7 days later with your surgeon or your own eye doctor, don't go past a week without being seen. You will also be seen at 10 weeks.
- ✓ Expect your eyes to be a little scratchy/dry for a few days, with some clouding to your vision from swelling. It is okay to take Tylenol or Advil/Motrin.
- ✓ **VERY IMPORTANT:** Call us immediately for worsening pain, worsening vision, clouding past the first night. If this happens, use your Prednisilone (steriod with blue sticker) every hour and contact us immediately.

## Common Questions

**Q.** What's the best advice you can give someone after his or her LASIK surgery?

**A.** A positive mental outlook will help you heal better and adapt to the normal fluctuations in vision that everyone experiences after their surgery. Enjoy your vision and make comparisons to how you were seeing without lenses prior to your LASIK surgery.

**Q.** Why does my vision blur at the end of the day or when I've been reading and using the computer?

**A.** Dryness and decreased blinking can blur your vision for up to six months after your LASIK surgery. Your eyes may not even feel dry, but often they are. Force yourself to blink more frequently and use your artificial tears frequently. **Refresh, Refresh Plus, Refresh Optive, Systane Ultra** or **Thera-Tears** not only makes them feel better, but additionally will help you see and heal better. Taking FLAX seed oil orally often can improve the moisture to your eyes (available at health food stores). Using a humidifier in the bedroom during winter months can help as well.

**Q.** Why is it harder to read now?

**A.** Most people are a little over-corrected at first, making your near vision worse for about a month. If you are over forty something you'll need reading lenses at least part of the time. You may want to use "dime-store" readers/magnifiers until you have healed enough to get prescription readers.

**Q.** Why is my vision worse at night?

**A.** Glare and a loss of contrast in dim conditions is a normal part of the healing process. After about 10 weeks, this starts to fade. If you are struggling with your night vision let your doctor know. There are some drops that can help.

**Q.** How will I know if I'm going to need an enhancement or touch up?

**A.** Many people continue to heal for several weeks after their surgery. Your doctor will normally wait for 3 months for your vision to stabilize before doing an enhancement. A good rule of thumb is this: If you're seeing well, you don't need an enhancement. Remember, "perfect vision" at all times is an unrealistic goal and seldom obtainable. Your goal is to see well enough to function without lenses for most distance activities.

**Q.** Why are my eyes still irritated and dry and my eyelashes have a lot of crusting?

**A.** You may have a low grade infection of the eyelash margin. Use a warm wash cloth and **gently** scrub your lashes to clean them morning and night. Cleaning the lashes off will allow your tears to work better and you'll see more clearly too.