



POST-OPERATIVE INSTRUCTIONS FOR ADVANCED SURFACE ABLATION

Medications: **OFLOXACIN** Use 1 drop 4 times daily for one week.

PREDNISOLONE ACETATE Use 1 drop 4 times daily for two weeks, then one drop twice a day for two more weeks and stop.

KETOROLAC 1 drop 4 times daily for two days then stop.

TURBO TEARS Use drop as needed every 30-60 minutes. Limiting the use to 6 times per day to promote faster healing. **STOP USING BY MONDAY.**

Preservative-free artificial tears every 5 to 10 minutes while awake the first day, then at least every 1 to 2 hours thereafter.

VICODIN Take 1 tablet every 4-6 hours as needed for discomfort. Continue taking vitamin C for the next few weeks.

(Please space all your drops 5 minutes apart)

Discomfort: It is normal to have some eye irritation once the numbing drops wear off after surgery. Keeping your eyes closed is one of the best ways to improve your comfort. If needed you may take Tylenol or any medicine Dr. Collins has prescribed for you.

Activity: Please try to take a nap when you arrive home today. Keeping your eyes closed as much as possible today will speed up your recovery time. *If you wake up from your nap and your eyes feel stuck together from all the eye drops, do not rub or force them open with your fingers, instead place some artificial tears and slowly open them.*

Restrictions: Do not drive or operate hazardous equipment today. Realize that the medications you were given can affect your judgement and reflexes.

No swimming, hot tubs and steam rooms for one week. No water or jet skiing for two weeks. No direct water pressure to your face for one week. You may wash your hair after one day. If you get soap, shampoo, or sweat in your eye flush the eye out with artificial tears. You may exercise or play golf after one day, but wear protective glasses or sunglasses. **Do not rub or bump your eye. Avoid dusty, dirty, and smoking environments.**

No eye make-up for one week. Purchase new eye make-up to wear after surgery.

You will have bandage contact lenses in place after surgery. The doctor will remove them at your post-op visits.

Special

Instructions: Following surgery, you may notice some minor redness or red spots on the white part of the eye, scratchiness, light sensitivity, double vision, minor discharge and watering of the eyes. All of these symptoms will lessen each day. If you feel these symptoms are worsening or seem severe please call the office. For the first few weeks expect a little fluctuation in your vision. You may notice glare and halos around lights at night for the first few weeks. Your eyes may have a tendency to feel dry or the first few weeks, if so use preservative-free artificial tears liberally. If you are over the age of forty, you may need reading glasses. Sunglasses may be used if your eyes are sensitive to light. If you have any questions or concerns call (239) 936-4706

Patient Signature

Date

Witness