



Post-Operative Instructions for LASIK

After Surgery:

- Use eye shields at bedtime or when napping for 1 week. DO NOT rub or bump your eye (s).

What to Expect:

- You may notice some minor redness or red spots on the white part of the eye, scratchiness, light sensitivity, double vision, and 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.

Activity:

- Take Tylenol as needed for discomfort
- Eat a light meal after surgery
- Take a nap when you arrive home
- Refrain from driving or operating hazardous equipment after surgery.
- No swimming or Hot Tubs for 2 weeks.
- You may walk or engage in gentle exercise the next day. Avoid strenuous activity or heaving lifting for 1 week. Make sure to wear your protective sunglasses when going outside.
- You may shower or wash your hair the next day. Avoid getting soap in the operative eye, if you do rinse with artificial tears immediately.
- No eye make-up for 1 week. We recommend you purchase new eye make-up after surgery.
- Do not rub or bump your eye (s) after surgery
- Call your doctor or go to the emergency room for persistent vomiting, fever greater than 101 °F, rash or pain not relieved by medication.
- Return for your post-operative visit as directed. Refer to your surgery schedule for dates and times.

Please contact the office if you should have any further questions. (239) 936-4706