



DURING SURGERY

1. Anesthetic drops will be put in both of your eyes. This will prevent any discomfort and allow you to keep both eyes open more easily during the procedure.
2. Your non-operative eye will be patched so your operative eye can concentrate on a blinking red light more easily.
3. You will be asked to look at the blinking red light at all times, the light may blur or momentarily disappear. At all times you should maintain a steady gaze and keep looking where you last saw the blinking red light.
4. A lid speculum will keep your eye open to prevent blinking during the procedure.
5. The laser will sound like a vacuum cleaner and make a snapping noise during the treatment.
6. The actual laser treatment takes approximately 15 to 120 seconds, with pre-programmed pauses. It is important to continue to fixate on the blinking red light until your surgeon tells you that the procedure is complete.
7. When the treatment is completed your eye will be covered with a protective transparent shield, contact lens or patch, depending on the procedure.

FOLLOWING SURGERY

1. Go home and rest, keeping both eyes closed as much as possible for the first 24 to 48 hours. It is advisable to use your eyes as little as possible, avoiding reading, watching T.V. or driving to keep the discomfort to a minimum.
2. In some procedures, your eye may be loosely taped and a shield placed over the operative eye. It is important not to bump, move or get the shield wet during the first night. The shield and tape will be removed the next day at your first post-operative office visit. The eye shield should be worn at night while sleeping for one week.
3. If a bandage contact lens is placed on the eye, it should be left on until you see your physician the next day at your first post-operative office visit. If the lens should fall out, do not replace it in your eye, but do keep your eye closed as much as possible.
4. There will be variable discomfort during the first 24 to 72 hours. This is the time it normally takes for the front surface of the eye to heal. You may experience excessive tearing, a gritty feeling in the eyes, or the sensation that something is in the eye. This is normal and may last for a few days. Using artificial tears more frequently may help relieve these symptoms. If necessary, please take any pain medication prescribed by your physician. Follow the eye-drop and medication schedule exactly as prescribed by your physician!

5. Your eyelids may be swollen, your eye may be red, or there may be some difficulty keeping your eye open for a few days. Again, this is a normal and temporary condition.
6. Your vision will be somewhat blurry initially and may fluctuate for the first week or so. Do not be alarmed, this usually begins to clear and improve within a few days. The time required to achieve the best possible vision will depend on the amount of treatment required to correct your prescription. If you are uncomfortable driving at night, or operating hazardous equipment, avoid doing so until your vision is satisfactory.
7. You may notice increased sensitivity to sunlight; you should wear sunglasses for comfort.
8. Please do not wear eye make-up for at least seven days.

instructions (cont.)

9. Be careful not to bump your eye. **Do not rub your eye for the first several weeks.**
10. For most patients an extended sick leave is unnecessary, as you should be able to return to work within a few days following the procedure.
11. You may resume the following activities as indicated below:

	Daily activities	48 hours
	Exercise	48 hours
	Make-Up	2 weeks
LASIK	Gardening	two weeks
	Swimming, sauna, hot tub, steam bath	four weeks
LASIK	Scuba diving	four weeks

Do not participate in contact sports such as basketball, football, racquetball, etc., until healing is well underway and **always wear protective eyewear**. For activities not listed above, check with your physician.

IMPORTANT

Use all eye-drops and medications as prescribed-Ocuflox and FML 4x daily for one week beginning the day after your procedure. Wait 5 minutes between each drop. FML needs to be shaken.

**Follow all post-operative instructions carefully
and see your physician as instructed**

**If you have ANY questions or concerns about these
instructions or your healing and recovery process,
please call us day or night.**