



Post-Operative Instructions – LASIK

Patient Name: _____

Date & Time Post-Operative Appointment: _____

REST AFTER SURGERY

Immediately after surgery, try to sleep or rest with your eyes closed for 3 hours. Start your eye drops (as directed below) after the 3 hour nap. Sleep and rest today with ***your head slightly elevated until your one day post-op appointment.*** Do not rub your eyes and avoid reading. Your vision may be “foggy” & your eyes may tear due to a “gritty” or “foreign body” sensation with sensitivity to light.

WEAR GOGGLES WHILE SLEEPING

While sleeping, please wear the eye goggles provided in your post-op pack. This includes all times, even if only taking a short nap. This protective measure is required for 5 days after surgery.

USE YOUR DROPS EXACTLY AS DIRECTED

Wash your hands before administering drops and DO NOT touch dropper to your eye.

TobraDex ST: Please shake bottle prior to use. Place **1 drop** in the operated eye(s), **4 times per day x’s 7 days.** These drops may sting on instillation. **Please wait at least 5 minutes in between drops.**

Retaine Tears: Use lubricating drops 4 times daily for the first week and twice daily thereafter.

IF YOU EXPERIENCE PAIN OR DISCOMFORT

You may use over the counter pain reliever according to package instructions. If you experience pain that cannot be relieved, call the center immediately at **724.772.9600**. If after hours, please call **412-400-2250**.

DRIVING & TRAVEL

You are NOT to drive until given permission by the doctor. Do not attempt to drive or operate machinery of any kind if your vision is not clear. PLEASE **stay close to home for at least one week after surgery.** It is not recommended to travel outside the area, unless absolutely necessary.

PROTECT YOUR EYES FROM EXTERNAL POLLUTANTS

Avoid exposing your eyes to dust, water, smoke and chemical exposure (fumes, aerosol sprays, vapors, etc.) for 2 weeks following the procedure. **Swimming, Hot Tubs, Jacuzzis and Sunbathing should be avoided for the first two weeks. Showers are permissible but avoid getting water or soap in the**

Patient’s Initials _____

eyes. Do not use eye make-up of any kind until the doctor tells you that you can, usually 1 week. Do not use a tanning bed until 30 days after your surgery.

AVOID EYE TRAUMA; LIMIT STRENUOUS EXERCISE AND SPORT ACTIVITIES FOR ONE MONTH

Take every precaution to protect your eyes from trauma. **DO NOT RUB YOUR EYES. Use EXTREME caution when putting sunglasses or goggles ON & taking them OFF. Use 2 hands and avoid any contact with your eyes. Avoid ALL contact sports and racquet sports for 1 month following surgery. Avoid all activities that would cause you to come in contact with contaminated water for 2 weeks following surgery.** You may resume non-strenuous sporting activities 3 days after surgery, but do not allow perspiration to get into your eyes. Once you resume normal activities, it is highly recommended that you wear protective eyewear while playing ANY contact or racquet sports.

WORK

The surgeon will determine a work release date upon your post-procedure visit.

MEDICATIONS

Resume your routine medications unless otherwise instructed.

SYMPTOMS

You will be seen the day after surgery. **Expect your vision to fluctuate the first few weeks after surgery.** Your eyes may be somewhat sore and you may experience blurring of vision or light sensitivity. These symptoms and any discomfort will become milder. If you have acute pain, loss of vision, discharge (other than tearing) or if your symptoms become worse, contact us immediately at **724.772.9600**. If after hours, please call **412-400-2250**.

I have received verbal and written post-operative instructions and I understand them.

Patient or Legal Guardian Signature

Relationship to Patient

Authorized Signature

Date and Time

EMERGENCY NUMBER: (412) 400-2250

PLEASE MAKE SURE TO KEEP ALL FOLLOW UP APPOINTMENTS: 1 DAY, 1 WEEK, 1 MONTH, 3 MONTH, 6 MONTH, 1 YEAR. THIS IS REQUIRED TO ENSURE ELIGIBILITY FOR THE 1 YEAR RETREATMENT/ENHANCEMENT COMMITMENT.

Patient's Initials _____