

**Rockland  
Eye Physicians & Surgeons  
Pre-Op/Post-Operative Instructions  
For  
LASIK Surgery**

**Before your surgery ...**

1. **Make sure to take your pre-operative eye drops given by the office starting 2 days before surgery.**
2. Please remove all eye makeup, jewelry, and perfume during the day of surgery. You may wear eye makeup 2 days after surgery and perfume immediately the next day.
3. Please eat or drink something prior to your surgery.
4. Please take 1-2 tablets of Tylenol or Advil approximately 2 hours before surgery.
5. Be prepared to have someone pick you up from the surgical reception area and drive you home.

**About your eyedrops and medications...**

1. **Vigamox & Pred Forte** (prescription eye drops) are antibiotic and anti-inflammatory medications respectively. They are used until the eye's surface layer (epithelium) has re-healed and inflammation has subsided. Use these drops for about 2 weeks.
2. **Artificial Tears (Systane)** is not a medicated drop. It works effectively to lubricate the eye. It also works to keep the eye comfortable and reduce tearing.

3. **Tylenol and Advil** are tablets for pain relief. **If you react to this medication (nausea, dizziness, etc.), please DISCONTINUE taking the tablets.**

**Using your eyedrops ...**

1. Wash your hands before instilling any drops.
2. One drop per application is all you need for medicated drops.
3. Shake your bottle before using it.
4. Tilt your head back, gently pull down the outer edge of the lower lid to create a cup, and squeeze bottle slightly.
5. Avoid touching your eyes and eyelashes with the bottle tips as you might contaminate your bottle.

**In the immediate first hour after surgery ...**

1. Because your eye is still numb from the anesthetic drops, blink your eye(s) frequently to ensure the eye remains moist. **DO NOT “squeeze blink”**, as this may dislodge the flap.
2. Your eye will remain numb for about 30 to 60 minutes.
3. Your eyes may feel slightly scratchy and burning with excessive tearing - this is normal.
4. Use at least one drop of the **Artificial Tears** every **hour to two hours** during waking hours. **DO NOT ASSUME** your eyes are sufficiently lubricated because they are tearing on their own. This lost fluid **must** be replaced with the artificial tears.

*During your first week of recovery ...*

1. We encourage you to sleep and rest as much as possible, especially during the first 24 hours after surgery.
2. Use the protective eye glasses when napping and while sleeping for 2 nights. This will help prevent you from rubbing your eye during sleep.
3. It is common for the eye to tear and become light sensitive for some time after surgery.
4. We recommend that you avoid reading, computer work or television watching for at least a few hours after surgery.
5. Be careful when removing clothing with tight collars and turtlenecks.
6. When showering or bathing, avoid rubbing the eye or getting it soapy. When drying off, try to pat around the eye.
7. Most normal activities are permitted and will not influence the outcome of your surgery. Regular exercise and lifting of weights is not a problem. Be careful to avoid sweat entering into the eye. The comfort of your eye should serve as a guide.
8. Avoid swimming, as well as smoky and dusty environments for at least 2 - 3 weeks.
9. **It is not uncommon for a small amount of bleeding to be noted on the white part of the eye.** This is a subconjunctival hemorrhage, or bruise on the eye, and it will subside within 7-10 days.

*Your medication eyedrop instructions...*

<i>Day #</i>	<i>Vigamox &amp; Pred Forte</i>	<i>Artificial Tears</i>
<b>1</b>	<b>1 drop 4 times per day (start 1 hour after surgery)</b>	<b>At least 1 drop every hour to two hours (during waking hours)</b>
<b>2-7</b>	<b>1 drop 4 times per day</b>	<b>At least 1 drop every hour to two hours (during waking hours)</b>
<b>8 - 14</b>	<b>1 drop 2 times per day</b>	<b>As needed up to 6 times per day.</b>

Use *Tylenol or Advil* as needed for pain relief.

*If the following happens, notify the office ...*

1. A yellow discharge from the nasal side of your eye.
2. A chalky white spot showing over the pupil area.
3. If your eye burns or becomes itchy for more than 1 day as a result of the eye drops.
4. Sharp eye pain with blurry vision after waking up which does not improve after using tear drops.

**845-947-2240**

**OR**

**845-624-4455**

*This number reaches our secretary during office hours. After office hours, you will speak with our answering service who will contact our on-call physician. If you do not get a response after 30 minutes, please try again.*