

LASIK AFTERCARE INSTRUCTIONS

- ❑ We will place goggles over your eyes after the procedure. Keep your eyes closed as much as possible for the first 4 hours after the procedure, although you can open them to walk to the car or go to the bathroom. We recommend you take a nap.
- ❑ After 4 hours you can remove the goggles and open your eyes. Replace the goggles at bedtime and wear the night of your surgery. After the first night, you do not need to wear them.
- ❑ Your eyes may be uncomfortable following the procedure. You may experience irritation, dryness, watering and scratchiness, and light sensitivity for about one week following your procedure.
- ❑ You may see a red area on the white part of the eye after surgery. This will gradually clear and your eye will regain its normal appearance.
- ❑ Daily fluctuations in vision are normal. Your vision may be blurry for 2 to 3 weeks after the procedure.
- ❑ You will see large halos around lights the first night.
- ❑ A bandage contact lens may be placed on your eye to help reduce any discomfort. It will be removed at your aftercare visit tomorrow. Do not remove the lens yourself. If it falls out, do not replace it.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not rub the treated eye(s) until the next day.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ If you get goop on your eyelids or lashes, you may remove it by gently rubbing your closed eyes with a clean moistened washcloth.
- ❑ You may not wear eye makeup for 24 hours following your procedure. After 24 hours, you can wear brand new mascara and eyeliner only. Old mascara and eyeliner accumulate germs. You may resume wearing your old makeup after 1 week.
- ❑ If you are having just one eye treated, you may still benefit from wearing your glasses temporarily for the eye not treated.

❑ **Medications:**

- Begin the eye drops when you remove the goggles after 4 hours.
- **Prednisolone Acetate /Moxifloxacin (Pred-Moxi)**: Combination antibiotic/anti-inflammatory eye drop, helps prevent infection and helps the eye heal. **SHAKE WELL** before each use. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. You may stop the drops if they run out. Many patients briefly notice an unpleasant taste in the back of their throat after using this drop. This is normal.
- **Artificial Tears:** Lubricants help with discomfort. Use these drops every 15 minutes for the first four hours, if you are awake. You may use these drops or another eye lubricant for dryness, burning, or irritation as needed. Lubricants may crystallize on eyelashes overnight and can be removed by gently wiping with a clean, warm, moistened washcloth to your closed eyes.
- **Ambien:** Sleeping medication. Take the first Ambien pill we gave you when you get home. You will nap for several hours. You may use the second Ambien pill to get to sleep tonight if needed. **CAUTION: There have been reports of sleep driving in people taking Ambien.**
- **Tylenol, Advil, Nuprin (or your preferred pain reliever):** As needed for discomfort. Do not take more than one pain reliever at a time.

❑ Your 1 day aftercare visit at _____ is scheduled for: _____.

❑ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.