



SKYVISION CENTERS

LASIK POST OPERATIVE INSTRUCTIONS

PLEASE READ THIS INFORMATION CAREFULLY: Immediately after surgery, go home and take a nap. Your vision will be somewhat blurred and you will notice fluctuations for the first day or two after your LASIK procedure. During this time, you may also experience mild irritation, as though there were something in your eye(s). The eye(s) may be slightly light sensitive and tear more than usual. These problems are likely to resolve in the next two or three days. You may notice a slight glare or haze in your vision for the first several weeks after the procedure. The white part of your eye may be red in places. This will last a few days, but should not cause any discomfort.

Plastic shield(s) will be placed over the operated eye(s). These shields must remain in place the rest of the afternoon and overnight. You may remove them the following morning, before your post operative visit. It is important that you continue to wear this shield for the next two weeks at bedtime, or anytime you sleep. Make sure you do not rub your eye(s) or get anything in the eye(s) for two weeks. You may shower and shampoo the morning following surgery unless advised otherwise. It is very important to keep the soapy, dirty water out of your eye(s) while showering.

EYEDROPS

You will be given three different eye drops:

ZYMAR: This antibiotic drop is to be instilled in the treated eye, four times daily for five days.

PRED-FORTE: This mild steroid drop is to be instilled in the treated eye

ARTIFICIAL TEARS: This is a hydrating drop that may be used as needed and is recommended.

For discomfort: The evening after the procedure, take 1 or 2 Tylenol every 4 – 6 hours, or as needed.

ACTIVITY

You may return to normal activity and work 24 – 48 hours after your procedure. Avoid swimming, hot tubs, and saunas for two weeks. You may resume exercise one day after surgery, however, **do not increase your level of activity for two weeks.** We recommend protective eyewear while involved in any activities where there is potential of getting dust, dirt, fumes, etc. in the eyes. Make-up on the eyelids and lashes may be resumed three days after the procedure.

If you experience any discomfort, marked reduction in vision, or other symptoms that may concern you, please call your doctor immediately.

IMPORTANT: During the first evening after the procedure, should your eye become extremely painful or your vision markedly blurred, please contact the doctor immediately.

DR. WHITE EVENING AND WEEKEND # 440-892-4681

Your postoperative visit at SKYVISION CENTER is scheduled for _____.