



LASIK PRE / POST OPERATIVE INSTRUCTIONS

(These instructions are not for PRK or Cataract patients)

Before your surgery...

1. **PLEASE REMOVE ALL EYE MAKE-UP.** You may resume wearing make-up after 1 week.
2. **PLEASE WEAR WARM CLOTHING FOR YOUR PROCEDURE.** Because the laser suite is humidity controlled, the room tends to be cool.
3. **DO NOT WEAR CLOTHING THAT FITS TIGHTLY AROUND YOUR NECK** on surgery day or the first few days after surgery, as you will want something easy to pull off that won't rub against your eyes.
4. **PLEASE DON'T WEAR ANY PERFUME OR COLOGNE** on surgery day as it may affect the laser.
5. **MAKE SURE THAT YOU BRING YOUR PRESCRIPTIONS WITH YOU.** Please do not use the Zymar, or if prescribed, the Valium until you arrive at our office on surgery day.
6. **BE PREPARED TO HAVE SOMEONE PICK YOU UP** from the reception area and drive you home after surgery. You will be in our office for about 45 minutes on surgery day.
7. **DO NOT WEAR SOFT CONTACTS FOR 5 DAYS**, toric lenses for 2 weeks or hard contacts for 8 weeks before surgery.

About your eye drops...

1. **Zymar** is an antibiotic drop. This is used for 1 week until the eye's surface layer has re-healed. Our office will write you a prescription. Please bring the eye drop with you on surgery day.
2. **Pred Forte** (supplied by clinic) is an anti-inflammatory drop. This is used for 1 week.
3. **Acular** (supplied by clinic) works like liquid Motrin for the eye to alleviate discomfort after surgery. Used day of surgery only.
4. **Preservative Free Artificial Tears** lubricate the eyes. They should be used every half-hour (while awake) for 1 week, and every hour for 1 month after surgery. If your eyes are dry, feel free to use the preservative free tears more frequently. You should pick up additional preservative free tears (economy size box) for use after surgery.

QUICK REFERENCE GUIDE

DAY	ZYMAR	PRED FORTE	ACULAR	ARTIFICIAL TEARS
Day of Surgery	1 drop 3 times – start 1 hour after surgery & at least ½ hour apart – use with Pred Forte	1 drop 3 times – start 1 hour after surgery & at least ½ hour apart – use with Zymar	1 drop every 1-2 hours as needed	1 drop every ½ hour while awake
2 - 7	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	None	1 drop every ½ hour

USING YOUR EYEDROPS

- Wash your hands before instilling any drops.
- Shake your bottle before using it.
- Only one drop per eye is required. If you think you missed your eye, feel free to place another drop in.
- Tilt your head back and gently pull down the outer edge of the lower lid to create a "cup" and squeeze bottle slightly.
- Be careful not to touch your eye or eyelashes with the eye drop tip as you may infect your bottle.

ZYMAR & PRED FORTE

- Zymar & Pred Forte should be used together 4 times per day (breakfast, lunch, dinner, bedtime). Starting with surgery day as "Day 1", you should use these drops for a total of 7 days (i.e. If surgery is Thursday, you would use them through the following Wednesday).
- On surgery day, we will be giving you 1 dose of Zymar & Pred Forte before surgery. We need you to get 3 more drops of Zymar (white box) and 3 more drops of Pred Forte (pink & black box) in your eyes by the end of the day.
- It doesn't matter what order you put in the Zymar and Pred Forte, just as long as you space them out about 30 seconds apart.
- It is not unusual to "taste" the eye drops after putting them in. Although unpleasant, this is normal.
- Pred Forte is a "milky" color and may cause your vision to be hazy for a moment or two. Zymar is a clear eye drop.

PRESERVATIVE FREE TEARS

- These must be used every ½ hour (while awake) during your first week after surgery and then once every hour during your first month, even if your eyes don't feel dry. We encourage you to use these eye drops more frequently if you feel your eyes are dry. They help with the healing process and help your vision stabilize.
- NEVER use saline solution, Visine or any other type of eye drop during your first month after surgery unless told to do so by one of our doctors. If you require eye drops due to allergies, contact our office or your primary care physician for suggestions on eye drops that will not damage your eyes after LASIK procedures.

- If you get something in your eye after surgery, such as an eyelash, please ONLY use the preservative free drops to try to dislodge it. If you can't flush it out with your preservative free tears, we will be happy to have you come in to our office to have one of our doctors remove it.

ACULAR

- Works like liquid Motrin in your eye. About 30 – 60 minutes after surgery, the numbing drops used during surgery will start to wear off and you may have a “scratchy” sensation. The Acular can be used to alleviate this discomfort. They are only to be used the day of surgery. If you do not feel a need to use them, simply throw them away.

IMMEDIATELY AFTER SURGERY

- Because your eye is still numb from the anesthetic drops, blink your eyes frequently to ensure the eyes stay moist. DO NOT “SQUEEZE BLINK”, as this may damage the flap.
- Your eyes may feel slightly scratchy or burn with excessive tearing. This is normal. Feel free to use the Acular to assist with any discomfort. You may also consider Ibuprofen or Tylenol.
- While awake, be sure to use the Preservative Free tears every ½ hour. Do not assume your eyes are sufficiently lubricated because they are tearing. This lost fluid must be replaced with preservative free tears.
- **DO NOT READ OR WATCH TV for the remainder of the day after surgery.** Rest your eyes as much as possible, especially the first 4-5 hours after the procedure. We recommend sleeping or taking a nap.
- Use the goggles when sleeping for the first 7 nights to protect yourself from accidentally rubbing your eyes.
- Please do not drink alcoholic beverages for the first 24 hours after surgery. Alcohol has a drying effect on the eyes.

YOUR FIRST 7 DAYS AFTER SURGERY

- Continue to use the Zymar and Pred Forte 4 times per day (breakfast, lunch, dinner and bedtime).
- Use the preservative free tears every ½ hour while awake (or more if you feel your eyes are dry).
- It is not uncommon for your vision to slightly fluctuate for the first few weeks after surgery. You may notice that the “crispness” of your vision may vary from day to day. This is part of the healing process and may also be due to dryness.
- Do not wear eye makeup for the first week after surgery. We recommend you consider purchasing new eye makeup. Particularly mascara and/or eyeliner to ensure cleanliness.
- Do not touch the eye area for the first week after surgery (this area is between your cheek bone and eyebrow).
- Avoid swimming, hot tubs, tanning booths and dirty, smoky environments for at least 3-4 weeks.
- When showering, keep the back of your head towards the shower to keep the water pressure away from your face. Keep your eyes closed as much as possible to avoid soap or shampoo in your eyes. It may be helpful to wash your face in the sink being careful to wash around the eye area (cheekbone to eyebrow). Wearing swimming goggles or holding a washcloth in front of your face is often helpful.
- Most normal activities are permitted and will not influence the outcome of your surgery. We suggest waiting 5 days after surgery for regular exercise. For organized sports, please consider purchasing eye protection. Sports goggles can be purchased at most sporting goods shops and most major retail outlets. Ask our doctor if you question how long you should refrain from participating.
- Be careful to avoid sweat entering the eye. A bandana or headband while working out may assist you.
- Motorcycles, boats and convertibles are not recommended for the first 3 weeks after surgery. Wind will dry your eyes quickly.
- Since airplane cabins are pressurized, flying is not a problem, however the air in an airplane tends to be dry and you may feel the need to use preservative free tears more frequently.
- It is not uncommon to see a red spot in white area of your eye. This may occur as early as the day of surgery or within the first week. This is called a subconjunctival hemorrhage, or a bruise of the eye. This will resolve in a few weeks and does not effect the healing process.
- Be careful when removing clothing. Try to avoid clothing that fits tight around the neck such as turtlenecks for the first week of surgery, including surgery day.
- It is not uncommon to see “halos” at night around headlights or bright objects for several months. This will gradually decrease in intensity and may eventually go away.
- **READING GLASSES:** If you are over the age of 40, you may require reading glasses and/or intermediate (computer range) glasses as early as the day after surgery. We can assist you with the correct power. Ask our doctor if you have questions.

Contact our office if you notice any of the following:

• Yellow stringy discharge from the eye	• A white spot over the pupil area	• Excessive burning or itching after using your eye drops (intolerable)
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If you have questions, don't hesitate to contact us at 603-501-5000 or in an emergency, please call our answering service at 603-964-9192 to reach the MD on call.