



## LASIK POST-OPERATIVE INSTRUCTIONS

### 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 Zymaxid or Prednisolone until after your procedure. If prescribed, *do not take 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 a total of 45 minutes to 1 hour on surgery day.
7. **DO NOT WEAR YOUR SOFT CONTACTS FOR 5 DAYS,** toric lenses for 2 weeks or hard contacts for 8 weeks before surgery.

### About your eye drops...

1. **Zymaxid** is an antibiotic drop. This is used for 1 week. **Our office will write you a prescription.** Please bring the eye drop with you on surgery day.
2. **Prednisolone** is an anti-inflammatory drop. This is used for 1 week. **Our office will write you a prescription.** Please bring the eye drop with you on surgery day.
3. **Preservative Free Artificial Tears** lubricate the eye and reduce tearing. 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 an economy size box of preservative free tears for use after surgery.**
4. **Acuvail** (supplied by clinic) is a pain-relieving eye drop that can be used for after surgery. Used 1 day only.

### QUICK REFERENCE GUIDE

DAY	ZYMAXID	PREDNISOLONE	ACUVAIL	ARTIFICIAL TEARS
1	3 times (space at least ½ hr apart, can be used with Prednisolone)	3 times (space at least ½ hr apart, can be used with Zymaxid)	1 drop as needed every 2 hours	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 (while awake)

### 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.

### ZYMAXID & PREDNISOLONE

- Zymaxid & Prednisolone 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 up to and through the following Wednesday).
- On surgery day, we will be giving you 1 dose of Zymaxid & Prednisolone before surgery. We need you to get 3 more drops of Zymaxid (white box) and 3 more drops of Prednisolone (pink & black box) in your eyes by the end of the day. The first set of drops (Zymaxid and Prednisolone) should start as soon as you arrive home from surgery and before you lie down for your initial nap.
- It doesn't matter what order you put in the Zymaxid and Prednisolone, just as long as you space them out about 1 minute apart (i.e. 1 drop of Prednisolone then 1 minute later a drop of Zymaxid).
- It is not unusual to "taste" the eye drops after putting them in. Although unpleasant, this is normal.
- Prednisolone is a "milky" color and may cause your vision to be hazy for a moment or two. Zymaxid is a clear eye drop.

### PRESERVATIVE FREE TEARS

- These should be used every ½ hour (while awake) during your first week after surgery and then once every hour during your first month.



- We encourage you to use these eye drops more frequently if you feel your eyes are dry. Preservative Free tears greatly help with the healing process and will help your vision improve quicker.
- 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.
- 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.

#### ACUVAIL

- Works like aspirin for 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 Acuvail can be used to alleviate this discomfort. This eye drop is only to be used the day of surgery. If you do not feel a need to use the Acuvail, simply throw it 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 eye will remain numb for about 30-60 minutes.
- Your eyes may feel slightly scratchy or burn with excessive tearing. This is normal. Feel free to use the Acuvail to assist with any discomfort. You may also consider Ibuprofen or Tylenol.
- While awake, be sure to use the Preservative Free eye drops 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 5-7 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 Zymaxid and Prednisolone 4 times per day (breakfast, lunch, dinner and bedtime) for a total of 7 days.
- 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 be slightly blurry in one eye or another from time to time. This is part of the healing process and often due to dryness. Increase the use of preservative free tears to assist with speeding up the healing process.
- 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 or pat any area around the eye, particularly the first week after surgery.
- Avoid swimming, Jacuzzi's, Hot Tubs and dirty, smoky environments for at least 3-4 weeks.
- Wash your face using a washcloth being careful to wash around the eye area. When taking a shower keep your eyes closed and make every effort to prevent the shower water from hitting your face. Wearing goggles in the shower 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 4-5 days after surgery for regular exercise or sports. For sports, please consider purchasing eye protection. Sports goggles can be purchased at most sporting goods shops (Sports Authority, Dicks, MVP Sports, etc) and most major retail outlets (Wal-Mart, Sears, etc). Be sure to purchase goggles that don't rest closely to the eye.
- Be careful to avoid sweat entering the eye. A bandana or headband while working out may assist you.
- Motorcycles and convertibles are not recommended for the first 3 weeks after surgery.
- Since airplane cabins are pressurized, flying is not a problem, however the air in an airplane tends to be dry and you may notice a need for increased use of preservative free tears.
- It is not uncommon to see a small amount of bleeding in the whites of your eye. This is called a subconjunctival hemorrhage, or a bruise of the eye. This will resolve in a few weeks.
- 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 the first week to 3 months. This will gradually decrease in intensity and may eventually go away.

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.