



LASIK POST-OPERATIVE INSTRUCTIONS

PREPARING FOR THE DAY OF YOUR PROCEDURE...

1. **PLEASE REMOVE ALL EYE MAKE-UP.** You may resume wearing make-up after 1 week.
2. **PLEASE WEAR WARM CLOTHING FOR YOUR PROCEDURE.** the laser suite is humidity controlled, and 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. **BRING YOUR PRESCRIPTIONS WITH YOU ON SURGERY DAY** – Do not use the Moxifloxacin or Prednisolone until after your procedure, but we may need it during surgery. ***Do not take the Valium*** until we give it to you at the office.
6. **BE PREPARED TO HAVE SOMEONE PICK YOU UP** after surgery. You will be in our office a total of 45 minutes to 1 hour on surgery day. For their convenience, we will collect their phone number and contact them 15 minutes prior to pick up time.
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. **Moxifloxacin/Vigamox** is an antibiotic drop. This is used for 1 week. **Our office will write / send in a prescription the week of your surgery.** Please bring the eye drop with you on surgery day.
2. **Prednisolone Acetate** is an anti-inflammatory drop. This is used for 1 week. **Our office will write / send in a prescription the week of your surgery.** 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 (70 vials +) of preservative free tears for use after surgery.**

QUICK REFERENCE GUIDE

DAY	MOXIFLOXACIN/VIGAMOX	PREDNISOLONE ACETATE	ARTIFICIAL TEARS
1	3 times (after surgery). We will administer 1 drop prior to surgery.	3 times (after surgery). We will administer 1 drop prior to surgery.	1 drop every ½ hour (while awake only)
2 - 7	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	1 drop every ½ hour. After 1 week, use every hour for 3 weeks.

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.
- Be careful not to touch your eye or eyelashes with the eye drop tip as you may infect your bottle.

MOXIFLOXACIN & PREDNISOLONE ACETATE

- Moxifloxacin & 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 3 drops of Moxifloxacin and 1 drop of Prednisolone. We need you to get 3 more drops of Moxifloxacin (tan bottle cap) and 3 more drops of Prednisolone (pink bottle cap) in your eyes by the end of the day. The first set of drops (Moxifloxacin 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 Moxifloxacin and Prednisolone, just as long as you space them out about 1 minute apart (i.e. 1 drop of Moxifloxacin then 1 minute later a drop of Prednisolone).
- 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. Moxifloxacin 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 within a month 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, call your eye doctor or our office to have it removed.
- **NEVER** use saline solution, Visine, or any other type of eye drop during your first month after surgery unless told to do so by an eyecare professional. If you require eye drops due to allergies, contact our office or your primary eye care physician for suggestions on eye drops that will not damage your eyes the first month after LASIK procedures.

IMMEDIATELY AFTER SURGERY

- **DO NOT READ, WATCH TV, GO OUT TO DINNER, USE THE COMPUTER, SMARTPHONE, TABLETS, ETC.,** for the remainder of the day after surgery. Rest your eyes as much as possible, and perhaps sleep or nap, during the first few hours after the procedure.
- Because your eyes are 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 will remain numb for about 30-45 minutes after you leave our office.
- Your eyes may feel slightly scratchy or burn with excessive tearing. This is normal and will resolve after a few hours. Keeping your eyes shut will greatly reduce the healing time and assist with discomfort. You may also consider Ibuprofen or Tylenol.
- While awake, be sure to use the Preservative Free eye drops every ½ hour. Your eyes may be red and teary. Do not assume your eyes are sufficiently lubricated because they are tearing. This lost fluid must be replaced with preservative free tears.
- 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 12-24 hours after surgery. Alcohol has a drying effect on the eyes.

YOUR FIRST 7 DAYS AFTER SURGERY

- Continue to use the Moxifloxacin 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.
- Do not wear eye makeup for the first week after surgery. You may want to consider purchasing new mascara and/or eyeliner to ensure cleanliness.
- Do not touch or pat any area around the eye the first week after surgery. Your eye area is considered everything between your cheekbone and eyebrow.
- Avoid swimming pools, lakes, the ocean, tanning beds, hot tubs and dirty, dusty or 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. Some find that wearing goggles or holding a washcloth in front of the face is helpful.
- Most normal activities are permitted and will not influence the outcome of your surgery. We suggest waiting 7 days after surgery for regular exercise or sports. For sports, please consider purchasing eye protection. Sports goggles can be purchased either at our office, sporting goods shops or major retail outlets. 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, convertibles and skiing are not recommended for the first few 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 tears. Preservative free tears are sealed in individual vials and are approved through gate security.
- Although rare, 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 for 1 week, 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, text us at 603-316-2704, or after hours in an emergency, please call our answering service at 603-964-9192 to reach the MD on call.