

LASIK

Pre/Post-Operative Instructions

The Day of Surgery

- You should be well-rested and dressed in comfortable clothing when you arrive at the laser center.
- Avoid alcohol and medications that may cause you to become drowsy. Otherwise, there are no restrictions on eating or drinking on the day of your procedure.
- Avoid eye creams/lotions, eye makeup, perfume, hair products, and jewelry.
- Make sure you have made arrangements for your transportation home. You may bring someone with you to drive you home.
- On the day of your procedure, you will be asked to sign a consent form.
- You may also undergo another scan of your eyes to confirm your surgical plan.
- You will be given a sedative pill prior to entering the laser suite. In the laser suite, you will take a seat in a comfortable reclining chair.
- At this point you will receive numbing drops in your eyes, and your eyelids/eyelashes will be gently cleansed with a mild soap.
- As you are lying on your back, you will notice a blinking red light directly in front of you. During your procedure, your goal will be to focus on this red light.
- During the procedure you may hear clicking sounds emanating from the laser machine. It is also normal for your vision to seem blurry during different steps of the procedure.
- After your procedure has been completed, you will be asked to lay down with your eyes closed for up to 30 minutes. Your surgeon will examine your LASIK flap prior to your discharge home.

Post-Operative Instructions

- Keep your eyes closed as much as possible. Do not rub your eyes. You will have an eye shield placed on your

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eyes to protect them from any damage. Leave this shield in place until your follow-up appointment on the day after your LASIK procedure. You can temporarily move the shield out of the way when you are placing your prescribed drops into your eyes.

- Use your drops as prescribed.
- It is normal to experience some stinging, burning, tearing, and irritation in your eyes. Some patients also report feeling like there is an eyelash in their eyes.
- Light sensitivity and blurry vision that comes and goes is normal after the procedure. These symptoms will improve over the course of a few days to a few weeks.
- It is normal to experience dryness in your eyes for a few days. Sometimes this dryness may last even longer.
- Some patients are able to return to work within a couple of days. If you are unsure about the appropriate time to return to work, ask your surgeon.
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There are a few temporary restrictions to keep in mind:

- Don't shower before your post-operative day visit with your surgeon.
- When you are outdoors, wear protective sunglasses for the first week.
- Reading, using the computer, and watching television should all be limited during the first few days since all of these activities can contribute to dry eyes.
- Don't wear eye makeup for the first few days.
- Avoid strenuous exercise during the first week. Also avoid contact sports for the first month.
- Avoid swimming for a couple of weeks.
- Avoid dirty and dusty environments for the first week.

If you are experiencing pain that is not relieved with the help of over-the-counter medications, please call the office at (562) 988-8668.