



LASIK Post-Operative Instructions

Use all drops **TWO** minutes apart



Prednisolone Acetate

(ophthalmic suspension 0.1%)

Steroid Drops

- PLEASE SHAKE WELL BEFORE USE
- Apply **ONE** drop in each eye **THREE** times a day
- Start drops next morning after surgery
- Use drops up to **10** days or until it runs out



Ciprofloxacin Ophthalmic Solution

(Sterile Ophthalmic Solution 0.3%)

Antibiotics

- Start drops next morning after surgery
- Apply **ONE** drop in each eye **THREE** times a day
- Use drops up to **10** days



Numbing Medication

Numbing Drops

- Use **ONE** drop each eye as needed
- Numbing effect lasts **5-10** minutes per application
- *Try to use drops sparingly as too frequent usage can prolong symptoms
- For use on first **24** to **48** hours

Eye Protection



- Use sleeping goggles (clear goggles) when taking a nap or going to bed for at least **ONE** week
- Avoid direct exposure to sunlight by wearing protective sunglasses for at least **ONE** week

Compatible Artificial Tears

Thin Drops / Thick Drops

- REFRESH
- SYSTANE
- GENTEAL
- THERA TEARS
- CELLUVISC
- GEL TYPES OF SAME BRANDS

Ointment

- MURO 128
- GENTEAL OINTMENT
- REFRESH PM



Compatible Artificial Tears

Oasis Tears / Oasis Plus Tears



General Post-Surgery Instructions

Immediately after Surgery

- DO NOT RUB YOUR EYES**
- For 4-6 hours, rest and avoid stressing your eyes
- Increase activity as your comfort and vision allows
- Numbing drops can be used when needed
- Use eye shields prior to bedtime for **ONE** week

Next Day

- Wash face and shower with eyes closed. A small amount of water in the eyes is fine
- Use of facial products is ok; gentle wiping and dabbing of your eyes is fine
- Refrain from eye products and eye makeup for **48** hours
- Avoid strenuous activities for at least **48** hours

2 Weeks

- Do not swim or engage in water activities for 2 weeks
- Avoid trauma to the eyes for 1 month

General Precautions

- Avoid vigorous rubbing of your eyes for 30 days
- Proper use of medication will help you recover faster
- Artificial tears can be used to flush out foreign objects

Healthy Eye Practices

- Consumption of Flaxseed oil, fish oil, and/or Omega-3 fatty acids to help promote healthy tear film
- Frequent rest between prolonged reading or computer activities

Alternative Methods for relieving pain

- Using a cool compress can help relieve pain/discomfort immediately after surgery
- Over-the-counter pain relief medication (Advil, Tylenol)
- Using warm compress at night along with artificial tears may help with dryness and fatigue of the eye