



iLASIK

POSTOPERATIVE INSTRUCTIONS

Immediately After Surgery:

- Wear the provided sunglasses and the eye shields for your trip home. Go directly home and sleep **wearing the eye shields** for two hours. Do not remove the eye shields until the morning after surgery.
- Do not plan any activities for the rest of the day.
- Your eyes may burn and water profusely for a couple of hours after surgery. Keeping your eyes closed will help to reduce the discomfort and to promote healing.
- Please call the office at (602) 467-4966 if you are experiencing excessive discomfort or sudden decreased vision.

Eye Drops:

Start your eye drops in your operative eye(s) after your two-hour nap. Shake the bottles before each use. The drops may sting when you first put them in. Wait 2-3 minutes between each drop.

- a. **ZYMAXID** (an antibiotic eye drop; a prescription to get filled before surgery): Use 1 drop **4** times a day for one week.
- b. **PRED FORTE** (an anti-inflammatory eye drop; a prescription to get filled before surgery): Use 1 drop **4** times a day for one week.
- c. Preservative-free **ARTIFICIAL TEARS** (provides moisture to promote healing): Use 1 drop **up to every hour** for the first several weeks. You may use these drops as often as needed. You should get a few boxes of these prior to surgery.

Activities and Restrictions after Surgery:

- When showering or washing your face, keep water and soap out of your eye(s). Be very gentle when washing around your eyelids.
- Avoid water activities, swimming pools, hot tubs, and saunas for 2 weeks.
- Do not wear eye make-up for 1 week. Use care when removing eye make-up.
- Avoid dirty/dusty environment for 1 week. Avoid activities that may cause impact or trauma to your eye(s) for 1 week.
- Do not rub your eye(s) for at least the first month.

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POSTOPERATIVE INSTRUCTIONS (continued)

Expectations:

- Expect your eye(s) to be blurry and scratchy the day of surgery. The postoperative vision and discomfort will improve after the first day.
- Slight blurriness and vision fluctuation are normal for the first several weeks. This is typically due to dryness; frequent *artificial tears* will help. Your vision will improve over time. A sudden large decrease in your vision is not normal and should be reported to your doctor.
- Mild glare and halos at night are normal and improve with time.
- Reading and near work may be difficult initially, particularly if you are over 40.
- You may experience some light sensitivity or glare. Please use *UV protection sunglasses* whenever going outdoors.
- You may have red spots of blood on the white part of your eye(s). These are normal and will subside over the first several weeks.

Contact Numbers

- Horizon Eye Specialists & LASIK Center: (602) 467-4966
- After hours on call physician: (602) 467-4966

Appointments:

- Please note your Arrival Time.
- Your first postoperative visit is crucial and must not be missed.

YOUR SURGERY APPOINTMENTS:

Date: _____ Time: _____

* Arrival Time: _____ *

Surgeon: _____

YOUR FIRST POST/OP APPT:

Date: _____ Time: _____

Doctor: _____

If you have any questions, please contact us at (602)467-4966 or feel free to contact your LASIK coordinator directly. If you are calling after hours, please call (602) 467-4966.