

# LIPSTOCK

## LASIK & CATARACT CENTER

### LASIK Post-Op Instructions

**\*\*Immediately after your surgery, go home and nap for at least 2-3 hours\*\***

**Eye Drops: \*\*\*WASH YOUR HANDS BEFORE USING EYEDROPS\*\*\***

**PRED FORTE:** 1 drop every hour while awake until otherwise directed. Shake bottle before each use.

**ZYMAR:** 1 drop 4 times a day until otherwise directed.  
*\*Wait at least one minute between above drops when applying\**

**REFRESH PLUS:** 1 drop at least 4 times a day for 7 days, then use as needed for dryness.  
*\*\*Wait at least ten minutes before and after medicated drops so as not to dilute them with the Refresh Plus\*\**

(Please note REFRESH PLUS is preservative free artificial tears, so they come in individual vials. Use one or two drops per eye then **discard** the vial, DO NOT REUSE)

*\*Additional prescription(s) are enclosed in your fanny pack for drops in case you run out. Refresh Plus can be purchased over the counter\**

**IF during your procedure Dr. Lipstock decides to change the above schedule those changes will be noted below:**

Schedule Change: PRED FORTE \_\_\_\_\_

ZYMAR \_\_\_\_\_

REFRESH PLUS TEARS \_\_\_\_\_

\*\*\*\*\*

**Discomfort Relief:** It is normal to experience a mild scratchy sensation with extra tear formation on the day of surgery. However, since LASIK heals rapidly, you will notice quick improvement the first 6 to 24 hours. The most irritation occurs the first 6 hours. After that a somewhat dry feeling may be experienced. Refresh Plus Tears can be used as often as you like for lubrication. Keeping your eyes closed will minimize discomfort and help the healing process.

**Visual Recovery:** Depending on how high your refractive error was visual recovery will be more or less rapid. With LASIK you usually will be seeing well enough 12 hours after surgery to function without eyeglasses, although the vision will continue to improve over the first few days and weeks. Nearsighted patients may have some difficulty with near vision the first several weeks, and farsighted patients may have some blurred distance vision the first few weeks.

***If you notice a significant increase in discomfort or a decrease in vision contact us immediately.***

**Restrictions:**

The edge of the LASIK flap usually heals 95% by 24 hours and 100% by two weeks. Until then, you must be careful to keep germs out of your eyes. Thus, for the first few days avoid dirty, dusty environments. Even clean “tap” water has germs in it so keep water out of your eyes for the first two weeks. The edge of the flap heals on a deeper level over the next year, so avoid rubbing your eyes for the first three months.

1. **Do not** rub your eyes for the first 3 months, and do not squeeze your eyelids tightly the first week.
2. After putting in eye drops you can wipe gently with sterile individually wrapped gauze.  
**(DON'T PRESS ON YOUR EYE)**
3. Wear eye shields while sleeping for the first **5** days after surgery. Be certain the shields are taped securely. This will protect you if you try to rub your eyes during sleep.
4. Keep water out of your eyes for the first 2 weeks. You may shower and wash your hair but try to keep your eyes closed so water does not get in them.
5. No swimming until approved by Dr. Lipstock (usually by 2 weeks after LASIK).
6. No eye makeup for 1 week, no mascara for 2 weeks. Then apply gently and remove very gently. Purchase a new mascara to avoid infection.
7. No eye drops or eye washes except as directed.
8. Wear protective eyewear for sports and other activities that could lead to eye injuries. Wear sunglasses or safety goggles depending on the activity. Children, pets and branches are common causes of eye injuries, so be alert not to get poked in the eye.
9. No hunting, fishing, or yard work for a few days after surgery and then wear protective eyewear.

Expected follow-up Appointments: (approximately)

1 day, 1 week, 1 month, 3 months, and then as scheduled. We recommend yearly routine eye exams after discharge.

**Call our office number below if you have questions or problems.**

***Office Number: 804-288-1543***

Your first post-op appointment is \_\_\_\_\_ at: \_\_\_\_\_