



Taustine

Eye Center

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LASIK / PRK POSTOP INSTRUCTIONS

1. Immediately after surgery:
 - a. Go home and nap! Rest for the remainder of the day. Go to bed early. We find that patients who follow these instructions do the best. Do **not** go out to a smoky restaurant or environment. Avoid athletic activity today.
 - b. Most post-op discomfort is described as scratchy, irritated or foreign body sensation. Take Ibuprofen (like Advil) or Acetaminophen (Tylenol) as needed. Severe pain is not expected with Lasik.
 - c. Do **not** rub the eye(s). Keep the eye(s) dry.
 - d. A little redness is common the day of surgery. This typically goes away in a few days.

2. General cleanliness:
 - a. Do not get anything in your eye, including your fingers. Avoid eye make-up for at least 1 week. Discard any previously opened mascara or eyeliner.
 - b. Soap and water may be used on the face, but avoid getting it in the eye. Again, do not rub the eye(s).

3. The day after surgery:

You will be seen the next day after surgery. If you have tape or a shield on your eye(s), it will be removed at this visit. Your eye(s) may be somewhat sore and the vision may be blurry. These symptoms should improve with time. The redness and irritation will subside in one or two days.

4. The following days:

Expect your vision to fluctuate during the first few weeks following surgery. You may experience blurring of your vision in the evenings or light sensitivity. These symptoms and any discomfort you may have will grow less each day. Get plenty of rest.

5. Physical activity:

Avoid contact or racquet sports for 2 weeks following surgery. After this time, it is recommended that you wear protective eyewear while playing contact sports or racquet sports. Avoid swimming, hot tubs, saunas or any other contact with possibly contaminated water for 2 weeks. You may resume jogging, weight lifting or aerobics 3 days after surgery; but do not increase your level of exercise for 2 weeks.

6. Return office visit: _____