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Post-Operative Instructions for LASIK

After undergoing Laser Vision Correction, it is very important to care for your eye(s) properly in order to ensure the best possible result.

Immediately after Your Procedure:

- Go home and relax. Try to sleep or close your eyes for two to three hours.
- DO NOT rub your eyes.
- Unless your doctor has given you other instructions, leave the plastic eye shield(s) in place until your follow-up visit the next morning. Remove the plastic eye shield(s) only to put your drops in your eyes and then replace the plastic eye shield(s) when you have finished.

You may return to work as soon as you feel comfortable doing so. Many people return to work the next day. Some prefer to take a day or two to get accustomed to their new vision. If you had the procedure performed on one eye, your depth perception or night vision may be affected. As such, it is important to be aware of this and compensate accordingly.

General Instructions:

- No water activity (swimming, diving, water skiing, hot tubs) for two weeks.
- No eye make-up for the first three days. Discuss with your doctor when it would be appropriate to resume wearing make-up.
- Sprays (hair spray, deodorants, perfumes, etc.) may be used, but be careful to avoid spraying them in your eyes.
- If your employer requires you to be in a dirty or dusty environment, please discuss this with your doctor before returning to work.

- It is OK to shower or bathe, but be careful not to get soap in your eyes or vigorously rub your eyes after washing your face.
- It is OK to use your eyes for reading, working, watching TV, playing cards, using the computer, etc. Most forms of activity are also OK. Be careful of any activity that has a risk of hitting your eyes (baseball, basketball, volleyball, racquetball, etc.). Consult with your doctor before beginning or resuming these activities.
- You will be using an antibiotic eye drop and a steroid eye drop for one to two weeks after your procedure. Your doctor will instruct you in their use. It is very important that you use these drops exactly as instructed.
- You will be given written instructions from your doctor on the day of your procedure. Please follow those instructions if they differ from the above information.

Please understand that it is not possible to list all the do's and don'ts for every situation. The main thing to do is use common sense. If you have any questions or problems following your LASIK procedure, please call your doctor.