

LASIK POST-OPERATIVE INSTRUCTIONS

To reduce the risk of complications following your refractive surgery, please adhere to follow these instructions.

Your first post-operative appointment is scheduled on: _____

Date of Post-Op Appointment at Time of Appointment in our **Location** office with Dr. Rapoza.

RESTRICTIONS

1. For the first 2 hours after surgery, rest quietly with your eyes closed, but try not to sleep. Sleep induces rapid eye movement against the eyelids, which could cause your LASIK flaps to slip. After 2 hours, the flap edges have healed over and they are more stable.
2. Do not rub your eyes.
3. When instilling drops, be sure not to press on the eye through the lids. Keep the bottle well away from your face.
4. Wear your eye shield(s) at night for 2 weeks.
5. Do not swim, use a sauna or hot tub for 2 weeks following surgery.
6. Exercise is fine following surgery. If sweat reaches your eyes it may sting more than usual during the first few days after surgery. Be certain not to seek relief by rubbing your eyes.
7. You may take a shower the day following your surgery, but take care not to get shampoo or soap in your eyes.
8. Eye make-up should not be worn for 2 weeks.

WHAT TO EXPECT

1. You may feel a foreign body sensation in the operated eye(s) for the next 24 hours.
2. If you have discomfort, Ibuprofen (400 to 600 mg), Tylenol or Aspirin are usually helpful.
3. Your vision may fluctuate for the next 2 months. Generally, it is better in the morning and a little blurrier by evening due to dryness increasing as the day progresses.
4. You may notice loss of fine detailed vision at night, sometimes accompanied by glare and starburst.
5. Your eyes may feel dry. Artificial tears can alleviate this effect. You may use artificial tears as frequently as needed. If tears are used more than 4 times daily, be certain that they are preservative free.
6. If a bandage contact lens has been placed on your eye and it falls out, do not try to replace it, but call the office for further instructions.
7. For patients 40 years of age and older: Reading glasses may be required following laser vision correction.

PLEASE REPORT IMMEDIATELY ANY EXCESSIVE PAIN OR LOSS OF VISION.

24 HOUR EMERGENCY NUMBER: (617) 367-4800.