

What to Expect After Your LASIK Procedure:

Congratulations! You have just joined the thousands of people who are enjoying the benefits of LASIK surgery. There are so many wonderful stories that our patients have shared with us about how LASIK has changed their lives, and we can't wait to hear how excited you are to give up your glasses and contact lenses! In order to enhance your LASIK experience, we wanted to offer you some information so that you would know what to expect in the weeks after your surgery.

Immediately after your surgery, your vision will be somewhat watery in appearance, as if you have been swimming too long. If at all possible, keep your eyes closed on the ride home and take a four-hour nap as soon as you arrive. When you wake up from your nap, your vision should be somewhat clearer. As you wake up the following morning for your follow up appointment, your vision will be even clearer, but it is important to remember that your vision will continue to improve as your eyes heal over a period of 8-10 weeks. Keep in mind; everyone heals at his or her body's own pace. Your experience may be different than someone else you know who has had the LASIK procedure, but we expect your experience will be great!

We will put antibiotic drops on your eyes before you leave the laser center. We will be sending a steroid drop and an antibiotic drop home in your black bag. You will continue to use these drops four times a day for five days. You may experience some irritation or a scratchy sensation in the evening after your surgery; this is completely normal, as there may be some dryness of your eyes. Another common occurrence is to develop red spots over the white section of your eye. This is a benign side effect that will resolve on its own in 7-14 days. You may use the tears given

to you in your bag liberally for any dryness or irritation. Do not use the tears immediately after you have put in your antibiotic drops! This will wash the antibiotic solution out, so wait 5-10 minutes after using the antibiotic drops to use your teardrops. Keep using the tears as long as you feel you need them. The purpose of the tears is to keep your eyes from becoming dry, and therefore to aid in the healing process.

Following your LASIK surgery, your doctor will place a clear protective shield over your eyes. You should keep the shield in place until after your nap initially following your surgery, and tape them in place as you sleep or nap for the next three days. These shields are to keep you from rubbing your eyes. It is not necessary to wear these shields during the daytime, but if you feel that wearing them would keep you from rubbing your eye, then please wear it! PLEASE, do not rub your eyes!

There is normally little discomfort after your LASIK procedure. Some patients feel some discomfort or scratchiness (like an eyelash under a contact lens) for 4-6 hours following surgery. If you experience this discomfort, this is a good time to take a nap and rest your eyes. If you have any pain or vision changes, please call as it is very important to report any appreciable changes so that we may attend to any potential problems.

There are a few points we would like you to remember after your LASIK procedure:

- 1.) Do not wear eye makeup for 1 week.
- 2.) Do not swim; use a hot tub or sauna for 3 weeks.
- 3.) Use your drops as directed above.
- 4.) Wear your shield for 3 nights and during any naps to avoid rubbing your eye.

- 5.) Try not to rub your eye for three months.
- 6.) Keep your eyes closed as much as possible on your drive home.

Finally, we want to do everything in our power to make this a positive experience for you. Remember, LASIK surgery is a process, not an event. Your follow-up care is important to your outcome!

Please call our office if you have any questions:

(614) 228-4500 (Office)