



LASIK Post-Procedure Patient Instructions

Contact TLC: (800) 551-7347

After Hours Emergency Contact: (866) 444-5194

Appointment Date and Time: _____ with Dr. _____ Location: _____

HEALING SYMPTOMS: YOUR VISION WILL BE BLURRY AND FLUCTUATE FOR THE FIRST FEW DAYS AND GRADUALLY IMPROVE OVER THE NEXT 4 WEEKS. THIS IS NORMAL. COMPLETE VISUAL RECOVERY TAKES AT LEAST 3-6 MONTHS.

Your eye may sting and tear for the first day. Lubrication and time will improve your comfort. Tylenol, Advil or other similar pain relievers may be taken if necessary. Reading may be difficult initially. If you are over 40, temporary reading glasses may suffice until your vision has stabilized, then permanent prescription readers may be necessary.

Normal healing involves some regression (partial return to nearsightedness or farsightedness) and this is accounted for in your initial treatment. If regression is significant, an enhancement (retreatment) may be performed 4-6 months after the initial LASIK procedure. A disposable contact lens or glasses may be worn, if needed, after 1 week following LASIK until the time is right for enhancement.

Please remember that everyone heals differently. Your process will be monitored at regularly scheduled visits and your management will be decided accordingly.

SLEEP: It is best to sleep as much as possible as this will promote healing. Use the shields as directed.

EYE DROPS: You will be given a prescription and/or eye drops to use. **** Wait at least 5 minutes between each type of drop.** The directions for your medications are below;

Antibiotic Drops	Ocuflox Ofloxacin Polytrim Polymyxin	Use 1 drop in the surgical eye(s) the night before, and the morning of the procedure. Continue 1 drop in the surgical eye(s) 4x per day for 7 days.
Anti-Inflammatory Drops <i>Shake Well Before Using</i>	Pred-Forte 1% Prednisolone acetate	Use 1 drop in the surgical eye(s) every hour while awake on day zero. (surgery day) Continue 1 drop in the surgical eye(s) 4x per day for 7 days.
Lubrication Drops	Systane or Refresh brands	Use 1 drop every 2 hours while awake x 1 week. Then 1 drop 4x per day or as needed.

ACTIVITIES: **No showering for 24 hours after procedure.** Wait one full week before swimming, wearing eye makeup, exercising or other strenuous activities. Avoid dusty/dirty environments. No driving until permitted.

VISUAL RECOVERY:

- Your vision will slowly improve over a period of 5 to 10 days.
- You can wear makeup and return to your normal activities 1 week after your procedure.
- Your focus will vary throughout the day and it will take several seconds for objects to become clear. Your depth perception may be lacking for 7-10 days, so take special care, especially when driving.
- Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

STANDARD EXAM SCHEDULE:

- You will have a follow up appointment on the day after your procedure and again after 3-7 days to check for infection and inflammation.
- You will be scheduled for a 1 month, 3 month, 6 month and 12 month follow up appointment to check for normal healing.
- You will need to schedule annual eye exams with your eye doctor to check for visual stability, evaluate general eye health and to maintain your TLC Lifetime Commitment.