

# LASIK POST-PROCEDURE INSTRUCTIONS

Your first day post-treatment appointment is scheduled with:

DR. \_\_\_\_\_

ONE DAY: \_\_\_\_\_ TIME: \_\_\_\_\_  
ONE WEEK: \_\_\_\_\_ TIME: \_\_\_\_\_  
ONE MONTH: \_\_\_\_\_ TIME: \_\_\_\_\_

## PLASTIC SHIELDS & SUNGLASSES

To keep you from rubbing your eye(s) during the night, the shields should be worn when sleeping for the first week after your procedure.

## PAIN RELIEF

You may experience discomfort. Advil or Tylenol can be used every four hours if necessary for pain. Mild to moderate discomfort is normal, but if the pain is severe, please contact your eye doctor.

## REMEMBER

- It is recommended you rest at home the first 24 hours following your treatment.
- DO NOT rub or wipe your eye when it is tearing. Just dab gently.
- Avoid getting water in your eyes for at least 48 hours. Protect your eyes in the shower.
- Wait at least 1 week and check with your eye doctor before you resume swimming, hot tubs, heavy lifting or vigorous exercise. No contact sports for 1 month.
- DO NOT wear eye make-up for 1 week.
- Avoid dusty or smoky environments for one week.
- Wear safety goggles for dangerous environments (flying debris), at home and at work.
- Your driving license likely has a vision correction restriction. You must wait to drive until released by your doctor. Your doctor can complete a vision form to have the restriction removed.
- It is very important to return for your follow-up appointments after the treatment.
- DO NOT hesitate to call your eye doctor or SightLine if you have any concerns.

## EYE DROPS

You will be using several different eye drops following your laser treatment. These eye drops are imperative to the success of your refractive treatment. They are to be used according to the following schedule unless changed by your eye doctor. Allow 1 minute between each medication. Please do not hesitate to call your eye doctor or SightLine Laser Eye Center if you have any questions or concerns regarding the prescribed medications.

# LASIK EYE DROP INSTRUCTIONS

Start taking medications 4 hours after your procedure. Allow 1 minute between eye drops.

MEDICATION	WHAT IT DOES	DIRECTIONS
OFLOXACIN	This antibiotic drop prevents infection while the surface of the eye(s) heals.	4 times per day for 4 days/until your eye doctor instructs you to stop.
PREDNISOLONE	This steroid reduces inflammation of the eye(s).	4 times per day for 4 days. <b>SHAKE WELL</b>
ARTIFICIAL TEARS “Preservative Free”	These drops lubricate the eye(s) for comfort.	Use these drops or any artificial tear as often as you feel necessary. Wait 20 minutes after using medicated eye drops.

PLEASE DO NOT HESITATE TO CALL YOUR EYE DOCTOR OR  
SIGHTLINE IF YOU HAVE ANY QUESTIONS OR CONCERNS.

MONDAY-FRIDAY (8AM TO 5PM): 724-933-5588