Yuna Rapoport, MD

Post Lasik Instructions

Medications:

Prednisolone Acetate 1% (anti-inflammatory)

(pink top drop- shake bottle before putting in):

Day 1-7: One drop four times per day

Day 8-10: One drop three times per day

Day 11-13: One drop two times per day

Day 14-16: One drop one time per day

Ofloxacin (antibiotic):

Tan top drop

Week 1: One drop 4 times per day for 1 week

Immediately after the procedure:

* Relax for the rest of the day. The medication from the day of the procedure may make you tired and drowsy. We encourage you to take your eyes closed as much as possible for the remainder of the day to allow for proper healing.
* If necessary you may gently dab around the eyelids and lashes while your eyes are closed. Be careful not to apply too much pressure or rub because this might dislodge the contact lens or scratch the eye.
* The eye shields provided are to be worn at night. They should rest against the cheekbone and not press against the eyelid.
* Do not wear eye makeup x 1 week
* You may use artificial tears as much as needed after surgery. We recommend a minimum of 4 times per day.

Eye drop use and instructions

* Wash your hands before putting in drops
* Pull down your lower eyelid and place the drop in the pocket of the eyelid making sure to keep the tip of the bottle away from the eye.
* Wait 3-5 minutes between drops if you are using both drops around the same time.
* You may experience a medicinal taste in the back of your throat after putting in the drops; this is normal

Normal things to expect after surgery:

* Light sensitivity: may be mild to severe and usually lasts from 1-7 days
* Burning / stinging: may be mild to severe and usually lasts for 1-3 days\*
* Blurry Vision: may be mild to severe and usually lasts for 1-2 weeks
* Dryness: May take several months to return to normal
* Fluctuating vision: May take several months to return to normal
* Halos around lights: May take several months to return to normal

Activity restrictions/guidelines :

* No water in or around the eyes for one week. When showering you may wash your face but do not allow water to run into eyes or rub eyes.
* Do not sleep with pets in bed
* No intense physical activity for one week
* No rubbing the eyes for one month
* Avoid smoky or dusty environments until the contacts are removed
* UV blocking sunglasses for 6 months after surgery
* No swimming pools, hot tubs, & bathtubs x 1 month

If you experience severe eye pain, significant discharge, swelling, or pus please contact us immediately.