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## Before your LASIK Procedure

Use **Zymar** 1 drop 4 times the day before



The day before surgery:

- Please discontinue contact lenses
- Remove all eye make-up, including eyeliner and mascara
- Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery

## Surgery Day

### MORNING PRIOR TO SURGERY

On the morning of surgery, please take all medications as normally prescribed

Do NOT use any eye make-up, mascara, or fragrances

On surgery day, we will provide you with a surgical kit and instructions

Please arrive at least 30 minutes prior to surgery

## AFTER SURGERY

**Immediately following** Start your post-operative drops upon returning home (or no later than 2 hours after surgery)

**Zymar** (antibiotic)  
4 doses/day



**Pred** (anti-inflammatory)  
1 dose every hour (first day)



**SHAKE  
WELL**

**Tears** (preservative free)  
1 dose every 30 minutes (first day)



**Zymar** : 1 drop 4 times (eg 3 meals plus bedtime) for 4-7 days (until bottle empty)

**Pred** : **Day 1:** 1 drop every 1 hour.  
**Day 2:** 1 drop every 2 hours.  
**Day 3-7:** 1 drop 4 times a day.

\* Be certain to shake the bottle thoroughly prior to each drop.

**Tears:** Use **preservative-free (PF) artificial tears at least 6 times a day**. You may use them more frequently. We recommend Refresh, Systane, or Gental tears. After 2 weeks you can switch from the preservative free to the regularly bottled tears.

Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. "Pred" may leave a harmless white residue in the eyelid corner.

## **Activities**

Do not rub your eyes

Take great care when blotting your eyes following eye drop insertion.

It is best if you take a nap for several hours upon arriving home – it protects the flaps and allows them to heal more quickly.

Please wear protective glasses or the shields in your kit throughout the first day. Sleep with the shields for 3 nights. You may sleep with the shields for a longer period of time if you are worried that you may rub or harm your eyes.

For discomfort, use any over-the-counter medication (Tylenol, aspirin, Advil, etc.). If you develop pain that is not managed by these medications, please contact us as instructed below.

**Normal early postoperative symptoms:** droopy or swollen eye lids; eye watering and redness; a scratchy or sandy sensation; stinging with the eye drops; hazy, or fluctuating, vision; sensitivity to bright lights; some haloes at night.

## **Visual Recovery**

**It is normal for your vision to be blurry and fluctuate for the first few days and to gradually improve over the next 6 weeks. Complete visual recovery takes at least 3 months.**

If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.

You may notice increased sensitivity to sunlight. This usually recedes over the next several months. Please wear sunglasses as needed for comfort.

Refrain from all eye make-up for 5 days following surgery.

You can resume most normal activities immediately. You may run, golf, or return to work the next day.

Unlike the convalescence with some surgical techniques, you do not have to be concerned about bending or lifting.

We ask that you do not go swimming or go in a hot tub for at least 7 days following surgery. Normal showering and washing your hair is fine.

If you are experiencing severe pain or sudden loss of vision, call our office *immediately* for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.

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