

LASIK POST-OPERATIVE INSTRUCTIONS

Use of Eye Drops:

- **Wash Hands.** DO NOT touch tip of eye dropper or let it touch your eye.
- **SHAKE eye drops** if desired. Tilt your head back. Look upward. Pull down on lower lid. Instill one (1) drop. Gently close your eyes and let go of lid.
- **WAIT at least 3 minutes** in between drops; using Refresh Plus drop first may help lessen stinging.
- Eye drops may sting or cause temporary blurring of vision; **DO NOT squeeze or rub eyes.**

Other Notes:

- Ice pack wrapped in cloth placed over closed eyes may help with discomfort.
- Refrigerated eye drops may help with discomfort.
- Noting the time when you take the medications may help you to remember when to take the next set.

General LASIK Post-op Guidelines:

1. **KEEP EYES CLOSED FOR 4 HOURS AFTER SURGERY**, then start drops.
2. **WEAR THE CLEAR SHIELD WHEN SLEEPING** until 1 week after surgery.
3. **Refrain from SMOKING and ALCOHOL consumption** until after 3-4 day follow-up.
4. Stay out of smoky, dusty rooms and areas with chemical vapors to avoid eye irritation.
5. Do not engage in any strenuous physical activity the day of surgery.
6. Refer to the **“Recommended Wait Times for Activities”** sheet for more details about when you can resume other activities.
7. Your follow-ups must be done at WRNMMC or your local eye clinic 1, 3, 6, and 12 months after surgery.

CONTACTS:

Eye Clinic	M-F, 0700-1530	(301) 295-1339
Eye Doctor on Duty	After-hours Pager	(202) 668-2066

LASIK - POSTOPERATIVE MEDICATIONS

KEEP EYES CLOSED FOR 4 HOURS AFTER SURGERY BEFORE STARTING MEDS

Name / Purpose		First 24 Hours	After 1-day Follow-up	After 3-day Follow-up
<p>Moxifloxacin Antibiotic (0.5% solution, 2.5mL)</p> <p>To protect against post-op infection</p>		<p>1 drop 4 times during waking hours.</p>	<p>Continue, no change.</p>	<p>Continue, no change, for 1 week after surgery, or sooner if runs out.</p>
<p>Prednisolone Acetate Steroid (1% suspension, 5mL)</p> <p>To reduce post-op inflammation</p>		<p>**Shake Well**</p> <p>1 drop every 2 hours during waking hours.</p>	<p>1 drop every 2 hours until the end of the day, then 4x a day</p>	<p>**Shake Well Every Use**</p> <p>1 drop 4x a day for 1 week after surgery.</p>
<p>Refresh Plus Lubricant (carboxymethylcellulose sodium 0.5% preservative free)</p> <p>To lubricate and keep eye moist</p>		<p>1 drop every hour, minimally, during waking hours.</p>	<p>Continue, no change.</p>	<p>Minimum:</p> <p>1x an hour for 1st week 8x a day for 1st month 6x a day for 2nd-3rd month 4x a day for 3rd-6th month 2x day for 6th-12th month</p>