

Mihir Parikh, M.D.
Lasik Post-op Instructions

What to do after your lasik surgery...

- Take a nap for 3-4 hours
 - Upon waking from your nap, you may put 1 drop of the artificial tears (Systane, Refresh plus) in the operated eye.
 - Keep your eyes closed for the rest of the day. Do not read, watch TV, or work on the computer.
 - At bedtime, put one drop each of the antibiotic (Vigamox, Zymar, Quixin) and steroid (Econopred, Omnipred, Pred-Forte, FML) in the operated eye.
- * Put drops in 5 minutes apart from each other**

What to expect after lasik surgery...

- Your vision will be very foggy.
- Your eyes will feel uncomfortable after the surgery.
- You may experience itching, burning, tearing, foreign body sensation and /or light sensitivity.
- These are typical symptoms after the lasik procedure. You may use Tylenol PM to ease the discomfort.
- Clear shields will be taped over your eyes after surgery. These shields should stay on at all times, except when applying eye drops.
- Continue to wear the shields/soft goggles for the next 10 nights while you sleep.

What to do beginning the next day...

1. Take off the clear shields and begin your eye medications for the next 5 days:
 - Antibiotic (Vigamox, Zymar, Quixin): 1 drop in operated eye 4 times a day
 - Steroid (Econopred, Omnipred, Pred-Forte, FML): 1 drop in operated eye 4 times a day
 - Artificial Tears (Systane, Refresh plus): 1 drop in operated eye every 2-3hours, more as needed.

***Put drops in 5 minutes apart from each other**
2. Avoid getting contaminated water into the eye (i.e. ocean water, pools, hot tubs, lakes, etc...) for 3 weeks. When showering, keep your eyes closed to avoid getting soap or shampoo in them.
3. Avoid eye make-up for 1 week following your surgery.
4. No physical/ sporting activities or heavy exertions for 7 days.
5. DO NOT rub or squeeze your eyes for the 1week after the surgery.

Use Preservative Free Artificial Tears (Theratears, Bion Tears, Systane or Refresh plus) if your eyes feel dry or uncomfortable.

You may drive to your clinic appointment if you feel comfortable to do so, otherwise arrange for a ride.

In case of emergency, call: (877) 484-2020