



LASIK Discharge and Home Care Instructions

Please reference the separate LASIK Eye Drop Schedule sheet for instructions pertaining to post-operative eye drop administration. The drops are to begin upon arrival home (at least within 2 hours of your surgery time). Resume your regular diet and any medication you were taking from other physicians prior to surgery.

In addition to your medicated drops, you are encouraged to use a lubricating drop. These may be used as often as every hour as needed for dry eye symptoms.

- **Refresh or Systane** are brands that can be purchased at any location with a pharmacy. Preferably, purchase drops that are preservative free. You can place your lubricating drops in the refrigerator for a “cold compress” like feeling to your eyes.

After your procedure, your eye(s) may be sore and your vision blurry. These symptoms will improve throughout the day. Tylenol, Advil, aspirin or Aleve may be used for discomfort. The redness and irritation will generally subside in 1-2 days. **Do not rub your eyes. Rest with your eyes closed as much as possible the day of surgery.**

For several weeks after surgery, you may experience sensitivity to light, foreign body sensation, minor burning/irritation, tearing, glare or dry eye sensation. You may notice minor fluctuations in vision and depth perception. Symptoms may differ for each eye. These symptoms and any discomfort will grow less each day.

The sunglasses we send home with you will help with light sensitivity and can also be a physical barrier that will remind you not to rub your eyes. Wear these or something similar for 1 week while outdoors. To protect your eyes while sleeping, you will tape plastic shields over your operative eye(s) for 1 week after the procedure. The tape and shields are provided by NovaMed.

It’s very important that you protect your eye(s) by avoiding getting anything in your eye(s). Shower carefully. NO eye makeup for at least 1 week. You should purchase NEW mascara and eyeliner. (You may consider buying water soluble product as these tend to require less rubbing to remove.) **Remember, do not rub your eyes for at least 2 weeks to allow for proper healing.**

No contact sports for 2 weeks. It is recommended that you wear protective eyewear while playing contact sports. You may resume your normal exercise routine 1 day after surgery, but do not increase your current level of exercise for 2 weeks. Because of potentially contaminated water, no swimming, hot tubs, or saunas for 2 weeks.

If you experience redness, drainage, bleeding, or swelling of the operative eye or nausea/vomiting please call your surgeon immediately at **608-827-7705**.

Since you’ve had Valium today: **No driving, no signing of legal documents, and no alcohol for 24 hours.** You should have a driver bring you to your appointment tomorrow with

Dr. _____ at _____.

I do have a driver to take me home today. _____ (initial please)

I have received and understand the postoperative discharge instructions and have been given a copy.

Patient Signature

Date/time

Witness Signature