

LASIK POST – PROCEDURE INSTRUCTIONS

AT HOME FOLLOWING YOUR LASIK PROCEDURE:

- **TAKE (1) VALIUM TABLET WHEN YOU RETURN HOME AND (1) SIX TO EIGHT HOURS IF NEEDED**
- **UNTIL YOUR FOLLOW-UP APPOINTMENT, TRY TO SLEEP AS MUCH AS POSSIBLE.**
- **DO NOT RUB, SCRATCH, OR BUMP YOUR EYE(S).**
- **YOU MAY EXPERIENCE :**

**BURNING OR STINGING FOR THE FIRST FEW HOURS
A GRITTY OR FOREIGN BODY SENSATION
SENSITIVITY TO LIGHT
EXCESSIVE TEARING
SLIGHT SWELLING OR PUFFINESS OF THE EYELID(S)**

THE NEXT FEW DAYS FOLLOWING YOUR LASIK PROCEDURE

- **YOUR VISION MAY FLUCTUATE FOR THE FIRST FEW DAYS. THIS WILL USUALLY STABILIZE AFTER THE FIRST WEEK. YOUR EYES MAY CONTINUE TO TEAR, HAVE A “ MILD FOREIGN BODY “ SENSATION , AND BE SENSITIVE TO LIGHT. TAKING ALL MEDICATIONS AS DIRECTED WILL HELP RELIEVE DISCOMFORT.**
- **THOUGH AN EYE INFECTION IS RARE, DURING THE FIRST WEEK, BE CAREFUL NOT TO GET ANYTHING IN YOUR EYE(S) INCLUDING SOAP, WATER, SMOKE, DUST, AND DO NOT WEAR ANY EYE MAKEUP OR MASCARA. IT IS BEST TO USE A NEW TUBE OF MASCARA WHEN RETURNING TO EYE MAKEUP TO AVOID ANY BACTERIA INFECTIONS.**
- **DO NOT RESUME DRIVING UNTIL YOU FEEL CAPABLE OF DOING SO (USUALLY THE DAY AFTER SURGERY.)**
- **NORMAL ACTIVITIES MAY BE RESUMED AFTER ONE WEEK, EXCEPT SWIMMING, YOU MAY NOT SWIM FOR 2 WEEKS AFTER YOUR PROCEDURE. IT IS NORMAL TO HAVE A FOREIGN BODY SENSATION, TEARING, GLARE AND SENSITIVITY TO LIGHT AS THE EYE(S) HEAL.**
- **YOU MAY EXERCISE NORMALLY: PERSPIRATION IN THE EYE(S) MAY STING BUT IS NOT HARMFUL**
- **REMEMBER, NO CONTACT SPORTS FOR 1 MONTH.**
- **PROTECT YOUR EYE(S) FROM SUN RADIATION WITH SUNGLASSES THAT PROVIDE UV PROTECTION. HEAVY UV EXPOSURE CAN BURN EYES AND CAUSE REGRESSION PROBLEMS ANYTIME DURING THE FIRST YEAR.**
- **DURING YOUR FIRST WEEK, YOU MUST WEAR THE CLEAR PROTECTIVE GOGGLES ANYTIME THAT YOU ARE SLEEPING. THIS WILL KEEP YOUR EYE(S) FROM HARM WHILE YOU ARE ASLEEP.**
- **IT IS IMPORTANT TO KEEP ALL FOLLOW-UP APPOINTMENTS**
- **BECAUSE YOU HAVE TAKEN VALIUM NO DRIVING, NO SIGNING LEGAL DOCUMENTS, NO ALCOHOLIC BEVERAGES, INCLUDING BEER.**

**IF YOU EXPERIENCE ANY PAIN BEYOND THAT IS DESCRIBED ABOVE OR LOSS OF VISION PLEASE CALL
DR CERAVOLO 706-536-2727**