

POSTOP LASIK INSTRUCTIONS:

Beginning the day of your procedure:

- Take a nap for 2 – 6 hours immediately after the procedure.
- Use 1 set of each drop after you wake up from the nap
- Use 1 set of each drop before going to sleep for the night.
- Use 1 set of each drop in the morning prior to your follow-up appointment.

First week following LASIK:

- Wear the eye shields at bedtime to prevent accidental eye rubbing.
- No eye makeup – No swimming – No water in the eyes (bath/shower water)
- Do not touch your eyes with anything (hands, medicine bottles, etc.)

Medicine Schedule:

Only one drop of each medicine is needed at a time and they may be used in any order. Use drops twice a day for one week. Wait 5 minutes between drop applications so the medicines are not diluted.

Zymaxid/Besivance = Antibiotic (shake before use)

Lotemax Gel/Pred Forte = Anti-inflammatory (shake before use)

First month after LASIK:

- Protect your eyes at all times from any potential trauma. Wear sunglasses for protection, no eye rubbing.

Artificial Tears:

Start using tears the day after your LASIK and separately from the prescription drops.

Use the tears every 2 – 3 hours for a minimum of 2 weeks, and then you may use the tears whenever your eyes feel dry or irritated.

Notify Des Peres Eye Center at 314-432-6137 immediately if you have pain, redness, or decreased vision.