

HEALING TIPS

You will experience burning, tearing, scratchy, irritated eyes within 30 minutes after the procedure. This is normal but should subside within 3-4 hours after your surgery. It is helpful to keep your eyes closed as much as possible.

Wear the goggles we provide all waking hours the first day, even indoors. Remove them only to instill your drops.

Use your drops as prescribed regardless of how your eyes feel or how you see! It is OK to use the artificial tears more than once per hour.

Most patients achieve functional vision (not perfect vision) within 24 hours of surgery. Please do not be alarmed if your vision is not 20/20 on Day One. It is common to have foggy or hazy vision until the swelling subsides. It is also common to have fluctuation in vision after laser vision correction. Fluctuation in vision generally subsides within 4-6 weeks from your surgery date but may take longer in some individuals.

Please call if you have any questions or concerns.

Call Dr. Jackson Dr. Barber or your eye care professional if you have any questions or concerns.

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LASIK

SURGERY INSTRUCTIONS

BEFORE YOUR PROCEDURE

1. We will provide you with a prescription for Vigamox or Zymaxid that you should fill and bring with you on surgery day.
2. Continue taking all of your regular medications unless specifically instructed otherwise.
3. Remove all make-up and earrings the day of the procedure. No perfume, cologne, hairspray or hair gel please.



*“... and then
I said YES!”*

4. You may eat a light meal before your procedure.
5. Wear comfortable clothing and low-heeled shoes.
6. Anticipate being at InSight Lasik for 1 1/2 to 2 hours.
7. You will need to arrange for a driver to take you home after the procedure.
8. You will need to allow one day to recuperate for LASIK.

AFTER YOUR PROCEDURE

1. There should be mild to moderate discomfort for a few hours after your surgery. Report any significant pain or excessive irritation without delay.
2. It is helpful to keep your eyes closed for the first four hours after LASIK.
3. Take Tylenol or Ibuprofen for a headache or eye ache as needed.
4. Sleep on your back for the first 24 hours, and in the protective glasses for four nights following the procedure.
5. Do not rub your eyes for ONE MONTH after LASIK.
6. You may take a shower or tub bath, but avoid getting water in the operated eye for 72 hours.
7. Avoid water sports (swimming, hot tubs, lake water) for one week.
8. Do not drive for the first 12 hours.
9. You may jog or work out after 48 hours.
10. Wear safety glasses for contact sports and work if indicated.
11. No eye make-up for one week following the procedure.
12. Flying is permitted within 48 hours after laser vision correction. However, we suggest you discuss this with your eye care professional.

MEDICATION INSTRUCTIONS

Antibiotic Drops

Vigamox or Zymaxid: Use one drop 4 times per day for four days. Bring this bottle to the center on the day of your procedure.

Steroid Drops

Durezol or Pred Forte: Use one drop 4 times per day for four days.

Lubricating Drops

Systane or Optive: Use every hour while awake for the first 72 hours. After the first 72 hours, reduce to 5-6 times per day for the next month. Use only preservative free artificial tears for the first week.

After the first week, acceptable artificial tears are Refresh, Refresh Plus, Bion Tears, Genteal, and Thera Tears.

To avoid washing out the previously applied drops, it is best to separate the drops by 30-60 seconds.