

# ALL-LASER LASIK POST-OP INSTRUCTIONS

## Immediately After Surgery:

- Immediately after surgery, you will have protective goggles or shields placed over your eyes to protect them and to prevent you from rubbing them. Except to administer your eyedrops, leave these goggles on until the next morning. You may then replace them with sunglasses, if you wish, while awake.
- Wear the eye shields goggles while sleeping for the first 5 nights. Make sure they are secured and use tape, if necessary, to keep them in place. If you allow pets and/or children in your bed while you sleep, we advise using them for 10 nights due to the increased risk of injury.
- Almost everyone experiences some level of burning, tearing, and light sensitivity. This may be barely noticeable or quite bothersome. It should only last between 4 and 5 hours after you leave our office. For other discomfort, you may use over-the-counter pain relievers such as Tylenol, Advil, or Aleve, and cold, preservative-free artificial tears (in vials).
- Your eyes may be red after the treatment. It is completely normal to have dark red spots on the whites of your eyes. Like a bruise, it may take a few weeks before these spots disappear completely.
- Do not drive, operate machinery, or attempt to climb stairs without help until you have been examined by the eye doctor the next day.

## What to Avoid:

- DO NOT RUB YOUR EYES for 2 weeks. Moderate or severe rubbing should always be avoided for all people.
- For the first 7 days, keep soap and water out of your eyes. You may bathe or shower normally the day after your surgery.
- For the first 7 days, do not wear eye make-up.
- For the first 14 days, avoid dust, smoke and yard work.
- For the first 14 days, avoid all forms of swimming, including oceans, lakes, pools and hot tubs or bathtubs.
- For the first 14 days, if using a computer, take frequent breaks and lubricate your eyes with artificial tears more frequently.
- For the first month, use extreme caution when physical impact to the eye is more likely (during contact sports, carrying small children, handling pets, doing yard work, etc.).
- You may begin exercising 2 days after your surgery, but use specialized eye protection with any racket sports or when impact to the eye is more likely, such as with tennis, racquetball, squash, basketball, or any contact sports. Avoid public gyms for 5 days.
- Avoid using a ceiling fan while sleeping for 2 weeks.
- Avoid artificial tanning and cosmetic facial laser for 6 months.

## What to Expect Over time:

- Although you should see well the day after the procedure, expect your vision to be a bit hazy for 1 to 2 weeks. The higher your original prescription, the longer it may take for your vision to clear. Although you should be able to drive and work the next day, do not drive until you have had your first examination after surgery.
- Tear production is temporarily reduced after your procedure.
- Use your lubricating drops frequently for at least 1 month. The more, the better. Use brand names such as Systane, Refresh, Optive, GenTeal, TheraTears or Freshkote.
- **Do not use generic brands or contact lens rewetting solutions.**
- It takes 1 to 3 months on average for your vision to stabilize. Glare, halos, and ghosting are common at night and should dissipate in 2 to 6 months.
- You may be sensitive to light for 1-2 weeks. Please contact Southeast Eye Specialist if **you begin experiencing more light sensitivity in the third or fourth week.** Although uncommon, this may indicate that you need to use prescription eyedrops for a longer period.
- Your vision may fluctuate from day to day, and even from morning to afternoon. This is normal. The eyes heal independently, and one may be slightly better or worse than the other from day to day. This fluctuation should dissipate in 1 to 3 months.

## Eyedrop Instructions

Allow for a 5-minute break in between the different types of drops listed below when taking them together. Always put your lubricating drops in last, so that they coat your eyes.

### CatarActive3™ – combination drops (antibiotic, steroid, NSAID)

These drops will be given to you by SEES before surgery.  
1 drop 4 times a day for 1 week, THEN  
1 drop 2 times a day for 1 week and STOP.

**Alternative drops (due to medicine allergies)** will be discussed on individual basis.  
**Artificial Tear Lubricating Drops: (Systane, Refresh, TheraTears, GenTeal, Optive, Freshkote)**  
Use Preservative Free Drops (vials) for 4 weeks. Use at least 1 drop every 1-2 hours [while awake] in week 1, every 2 hours in week 2, every 3 hours in week 3, and every 4 hours in week 4. Remember that your eyes can be dry even though they do not feel dry! After 4 weeks, you can switch to a bottle form  
**After hours concerns/emergencies call Southeast Eye Specialist 865-966-7337**

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**Post- Op- Continue using CatarActive3™ -drops for 14 days after surgery**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™
□□□□ 4	□□□□ 4	□□□□ 4	□□□□ 4	□□□□ 4	□□□□ 4	□□□□ 4
times/day	times/day	times/day	times/day	times/day	times/day	times/day

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™	CatarActive3™
□□ 2	□□ 2	□□ 2	□□ 2	□□ 2	□□ 2	□□ 2
times/day	times/day	times/day	times/day	times/day	times/day	times/day

**Refresh Plus or any Preservative Free Artificial Tear- 1 drop in operative eye(s), 4 times/day for 2 weeks.** You can't overuse this drop; you can use it more than 4 times/day if needed. After 2 weeks, continue preservative free artificial tears as needed.

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