

## Bladeless LASIK Post-Procedure Care Instructions

Your first postoperative appointment is scheduled on \_\_\_\_\_ at \_\_\_\_\_.

**IN CASE OF AN EMERGENCY, and if our office is closed, please don't hesitate to call the doctor at (646) 479-6366.**

### Precautions: Day of Procedure

- Expect tearing, irritation, and stinging of the eyes.
- Please only open your eyes to walk, eat, or use the restroom.
- Do not watch television, use the computer or do reading.

### For 1 week

- DO NOT TOUCH / RUB / SQUEEZE YOUR EYES
- Be careful taking a shower to avoid getting shampoo and soap in the eyes.
- Don't use eye make-up.
- Avoid dirty or dust-filled environments.
- Avoid getting any sweat in your eyes.
- Use sunglasses (provided) outdoors to protect against light sensitivity, wind, and dust. Ultraviolet filtering sunglasses are recommended thereafter to reduce the risk of long-term eye problems to which we are all susceptible.

### For 2 weeks

- Do not open your eyes underwater.
- Avoid contact, racquet sports, or any activity that will increase your chances of getting hit in the eye.

### Instructions for Medication

- **Antibiotic Drops and Anti-Inflammatory Drops:** Pick up from your pharmacy. Please shake eye drops and wash your hands before application. Lie down to instill drops. If possible, have someone else instill the drops and make sure whoever is instilling the drops washes their hands. Keep eyes closed for 1 min after application. To avoid washing out the previously applied drops, please wait at least 5-10 minutes before applying the next solution.
- **Artificial Tears:** BSS–Clear Bottle will be provided in your post care kit. Use 1 drop per eye 4 times a day or as needed if you experience any dryness or irritation to keep your eyes well lubricated. It is recommended to keep your eyes well lubricated to help with the healing process. **You can refrigerate your drops; using cold drops may alleviate irritation.** You can purchase

additional artificial tears at Manhattan LASIK Center, or at your local pharmacy. Brands that can be used include Systane / Refresh / Blink.

- **Clear Plastic Shields:** These will be provided in your post care kit to protect your eyes while sleeping. Wear them starting the day of the procedure to the 3rd day after your procedure.

Instructions	<u><b>Pick up Antibiotic Drops</b></u>  Ciprofloxacin or Ofloxacin  <b>(1 drop per eye)</b>	<u><b>Pick up Anti-Inflammatory Drops</b></u>  Lotemax SM or Prednisolone or Invelty or FML or Durezol <b>(1 drop per eye)</b>	<b>Clear Plastic Shields (provided)</b>
			to cover your eyes while sleeping
<b>Day of Surgery</b>	No need for antibiotics	At 6PM - 10PM	Bedtime
<b>1st Day After Surgery</b>	4 times per day	4 times per day	Bedtime
<b>2nd Day After Surgery</b>	2 times per day	2 times per day	Bedtime
<b>3rd Day After Surgery</b>	2 times per day	2 times per day	Bedtime
<b>4th Day After Surgery</b>	2 times per day	2 times per day	No need to wear it
<b>5th Day After Surgery</b>	2 times per day	2 times per day	No need to wear it
<b>6th Day After Surgery</b>	No more medicated drops	No more medicated drops	No need to wear it

Example:

Day of Surgery: Wednesday

Instructions	<u>Pick up Antibiotic Drops</u>	<u>Pick up Anti-Inflammatory Drops</u>	<b>Clear Plastic Shields (provided)</b>
	Ciprofloxacin or Ofloxacin  <b>(1 drop per eye)</b>	Lotemax SM or Prednisolone or Inveltys or FML or Durezol <b>(1 drop per eye)</b>	to cover your eyes while sleeping
<b>Day of Surgery: Wed</b>	No need for antibiotics	At 6PM - 10PM	Bedtime
<b>Thurs</b>	4 times per day	4 times per day	Bedtime
<b>Fri</b>	2 times per day	2 times per day	Bedtime
<b>Sat</b>	2 times per day	2 times per day	Bedtime
<b>Sun</b>	2 times per day	2 times per day	No need to wear it
<b>Mon</b>	2 times per day	2 times per day	No need to wear it
<b>Tue</b>	No more medicated drops	No more medicated drops	No need to wear it