

## Bladeless LASIK Post-Procedure Care Instructions

### Day of Procedure

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

### 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. Ultraviolet filtering sunglasses are recommended thereafter to reduce the risk of long-term eye problems to which we are all susceptible.

### For 2 weeks

- No swimming.
- No contact or racquet sports.

Please shake medication before application and 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.

Instructions	Antibiotic Drops Ciprofloxacin or Ofloxacin	Anti-Inflammatory Drops Lotemax SM or Prednisolone or Inveltys or FML or Durezol	Clear Plastic Shields (provided)
			to cover your eyes while sleeping
	<b>1 drop per eye</b>	<b>1 drop per eye</b>	
<b>Day of Surgery</b>		At 6PM - 10PM	Bedtime
<b>Next Day</b>	4 times per day	4 times per day	Bedtime
<b>Next Day</b>	2 times per day	2 times per day	Bedtime
<b>Next Day</b>	2 times per day	2 times per day	Bedtime
<b>Next Day</b>	2 times per day	2 times per day	

<b>Next Day</b>	2 times per day	2 times per day	
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Example:

Day of Surgery - Wednesday

<b>Instructions</b>	<b>Antibiotic Drops</b> Ciprofloxacin or Ofloxacin	<b>Anti-Inflammatory Drops</b> Lotemax SM or Prednisolone or Inveltys or FML or Durezol	<b>Clear Plastic Shields (provided)</b>
			to cover your eyes while sleeping
	<b>1 drop per eye</b>	<b>1 drop per eye</b>	
<b>Day of Surgery: Wed</b>		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	
<b>Mon</b>	2 times per day	2 times per day	

**Artificial Tears:** (Systane / Refresh / BSS–clear bottle (provided))

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. You can buy more artificial tears at your local pharmacy.

You can also receive **FREE artificial tears** by using **YELP check-in** option when you visit our center.