



LASEK/PRK 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

- You will have **contact lenses** in your eyes as protection until your first post-operative appointment.
- **DO NOT TOUCH / RUB / SQUEEZE YOUR EYES until contact lenses are taken out.**
- You may experience excessive tearing as well as irritation/stinging/burning.

For the first 2 days following your surgery, you may continue experiencing some discomfort, tearing as well as irritation/stinging/burning/light sensitivity. We recommend getting plenty of rest. You may also wear your sunglasses indoors to help with the light sensitivity during this period. This will help speed up the healing process.

For 1 week

- Don't use eye make-up.
- Be careful taking a shower to avoid getting shampoo and soap in the eyes.
- 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 (Tobramycin and Ciprofloxacin):** 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.

- **Pain Relief Drops** (Ketoralac): 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.
- **Comfort Drops:** These will be provided in your post care kit. **APPLY NO MORE THAN ONCE PER HOUR.**
- **Artificial Tears:** BSS–Clear Bottle will be provided in your post care kit. Use throughout the day at least 10 times (every 2 hours) or as needed, to subside irritation, stinging and burning which are common after Lasek. It is recommended to keep your eyes well lubricated to help with the healing process. **Refrigerate your drops whenever possible; using cold drops alleviates 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. You will not need them after your contact lenses have been removed during your follow up appointment.
- **Sunglasses:** These will be provided in your post care kit. Wear them indoors and outdoors as needed to help protect against light sensitivity, wind, and dust.

Instructions	<u>Pick Up Antibiotic Drops</u> 1) Tobramycin 2) Ciprofloxacin (1 drop per eye)	<u>Pick Up Pain Relief Drops</u> 1) Ketoralac: Continue as needed or until drops last (optional) (1 drop per eye)	<u>Comfort Drops (provided)</u> Continue as needed or until solution lasts (optional) (1 drop per eye)	<u>Clear Plastic Shields (provided)</u> to cover your eyes while sleeping
Day of Surgery	Every 2 hours	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
1st Day After Surgery	6 times per day	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
2nd Day After Surgery	6 times per day	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
3rd Day After Surgery	6 times per day	2 times per day (AM/PM)	No more medicated drops	Every time you sleep
4th Day After Surgery	6 times per day	No more medications	No more medicated drops	No need to wear it
5th Day After Surgery	6 times per day	No more medications	No more medicated drops	No need to wear it

Example:

Day of Surgery: Wednesday

Instructions	<u>Pick Up Antibiotic Drops</u>	<u>Pick Up Pain Relief Drops</u>	<u>Comfort Drops (provided)</u>	<u>Clear Plastic Shields (provided)</u>
		1) Tobramycin 2) Ciprofloxacin (1 drop per eye)	1) Ketoralac: Continue as needed or until drops last (optional) (1 drop per eye)	Continue as needed or until solution lasts (optional) (1 drop per eye)
Day of Surgery: Wed	Every 2 hours	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
Thurs	6 times per day	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
Fri	6 times per day	2 times per day (AM/PM)	No more than once per hour	Every time you sleep
Sat	6 times per day	2 times per day (AM/PM)	No more medicated drops	Every time you sleep
Sun	6 times per day	No more medications	No more medicated drops	No need to wear it
Mon	6 times per day	No more medications	No more medicated drops	No need to wear it

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