



LASEK/PRK Post Procedure Care Instructions

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/stingy/burning.

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. 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 or any activity that will increase your chances of getting hit in the eye.

Lie down to instill drops. If possible, have someone else instill the drops and make sure whoever is instilling the drops washed their hands. Please shake eye drops 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 1) Tobramycin 2) Ciprofloxacin	Pain Relief Tablets Continue as needed or until tablets last (optional)	Comfort Drops Continue as needed or until solution lasts (optional)	Clear Plastic Shields (provided)
				to cover your eyes while sleeping
	1 drop per eye	1 drop per eye	1 drop per eye	
Day of Surgery	Every 2 hours	Every 4-5 hours	No more than once per hours	Every time you sleep
Next Day	6 times per day	Every 4-5 hours	No more than once per hours	Every time you sleep
Next Day	6 times per day	Every 4-5 hours	No more than once per hours	Every time you sleep

Next Day	6 times per day	Every 4-5 hours		Every time you sleep
Next Day	6 times per day			
Next Day	6 times per day			

Example:

Day of Surgery - Wednesday

Instructions	Antibiotic Drops 1) Tobramycin 2) Ciprofloxacin	Pain Relief Tablets Continue as needed or until tablets last (optional)	Comfort Drops Continue as needed or until solution lasts (optional)	Clear Plastic Shields (provided)
				to cover your eyes while sleeping
	1 drop per eye	1 drop per eye	1 drop per eye	
Day of Surgery: Wed	Every 2 hours	Every 4-5 hours	No more than once per hours	Every time you sleep
Thurs	6 times per day	Every 4-5 hours	No more than once per hours	Every time you sleep
Fri	6 times per day	Every 4-5 hours	No more than once per hours	Every time you sleep
Sat	6 times per day	Every 4-5 hours		Every time you sleep
Sun	6 times per day			
Mon	6 times per day			

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

Use throughout the day at least 10 times or as needed if you experience any dryness or irritation. It is recommended to keep your eyes well lubricated to help with the healing process. Feel free to refrigerate your drops; it may help your eyes feel less irritation.

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