

MCCANNEL EYE CLINIC LASIK DISCHARGE INSTRUCTIONS

IMMEDIATELY AFTER SURGERY:

Go home directly from surgery and take a nap. Do not set an alarm, but sleep as long as you can. When you wake up from your nap, if you are experiencing discomfort, you may take an additional anti-inflammatory or analgesic, as long as it has been 4 or more hours since you were given them at the surgery center.

Your vision will be clear, but there is a wide range of clarity in the early post-operative period. If you are uncomfortable, you may remove the plastic shields. You **MUST** replace them prior to going to bed for the evening. Do not rub your eyes under any circumstances during the first 24 hours.

On the day of your surgery, you should take it easy. You should not read or use a computer. If your eyes are free from irritation and discomfort, you may watch some television. If you have any questions at all concerning your progress, contact your physician.

GENERAL CLEANLINESS:

1. You may shower, but keep water out of your eyes.
2. Stay out of hot tubs or pools until your drops are finished.
3. Avoid mascara and eyeliner until your drops are finished.
4. You may use soap and water on your face, but avoid getting it in your eyes.
5. **DO NOT** rub your eyes.

EYE DROPS:

You will be using eye drops in your surgical eye(s) four times a day for a week or more following surgery. You will need to use one bottle and then wait five minutes before instilling the drops from the second bottle. The drops may sting a little on instillation. Wash your hands before and after instilling the drops, and do not touch the dropper bottle to your eye. Use as directed.

You will be seen by your doctor one day after surgery. Your eyes may be somewhat uncomfortable, but usually that will be minimal, and your vision, although improved, will be somewhat blurred.

PHYSICAL ACTIVITY:

It is recommended that you wear protective eyewear while playing contact or racquet sports. Do not swim in a pool or get into a hot tub or have any other contact with contaminated water until you are done with your drops. You may resume all other physical activity.

It is common to experience fluctuation vision, dryness, halos, and glare in the early post-operative period. These will gradually settle over several weeks to months.

WARNING SIGNS OF POSSIBLE PROBLEMS:

1. Infections after Lasik surgery are uncommon. Symptoms could include redness, lid swelling, decreased vision, light sensitivity, and tearing. If these symptoms are increasing, contact your physician.
2. Slipped flap is manifest as a sudden change in your vision plus or minus a foreign body sensation.
3. Diffuse lamellar keratitis is a noninfectious inflammation under the Lasik flap. Symptoms may be decreased vision, increased redness, light sensitivity, and tearing. If you experience these symptoms, contact your physician.