LASIK POST-OPERATIVE INSTRUCTIONS

Use of Eye Drops:

- **Wash Hands.** DO NOT touch tip of eye dropper or let it touch your eye.
- **SHAKE eye drops** before using. Tilt your head back. Look upward. Pull down on lower lid. Instill the prescribed drop. Gently close your eyes.
- **WAIT at least 3 minutes** in between drops; it does not matter which drop you use first.
- Eye drops may sting or cause temporary blurring of vision; DO NOT squeeze or rub eyes.

Other Notes:

- Ice pack wrapped in cloth placed over closed eyes may help with discomfort.
- You can place eye drops in clean container and place in refrigerator for added comfort.
- Noting the time when you take the medications may help you to remember when to take the next set.

General LASIK Post-op Guidelines:

1. **KEEP EYES CLOSED FOR 4 HOURS AFTER SURGERY,** then start drops.
2. **DO NOT RUB EYES.**
3. **WEAR THE CLEAR SHIELD WHEN SLEEPING** until 1 week after surgery.
4. **NO SMOKING** until after 3-day follow-up.
5. Stay out of smoky, dusty rooms and areas with chemical vapors to avoid eye irritation.
6. Do not engage in any strenuous physical activity the day of surgery.
7. Due to risk of infection, no swimming for 2 weeks after surgery. After 2 weeks, you may swim with goggles. After 1 month you may swim without goggles.
8. Refer to the “Recommended Wait Times for Activities” sheet for more details about when you can resume other normal activities.
9. Your follow-ups must be done at WRNMMC or your local eye clinic 1, 3, 6, and 12 months after surgery.

CONTACTS:

- Refractive Surgery Center  M-F, 0730-1600  (301) 295-1133
- Eye Doctor on Duty  After-hours Pager  (866) 295-4913 PIN 2022721#
<table>
<thead>
<tr>
<th>Name / Purpose</th>
<th>First 24 Hours</th>
<th>After 1-day Follow-up</th>
<th>After 3-day Follow-up</th>
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</thead>
<tbody>
<tr>
<td><strong>Vigamox</strong> (Moxifloxacin 0.5% Solution)</td>
<td>1 drop 4 times during waking hours</td>
<td>Continue, no change.</td>
<td>Continue, no change, for 1 week after surgery, or sooner if runs out.</td>
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<tr>
<td><strong>Pred Forte</strong> (Prednisolone Acetate 1% Suspension)</td>
<td><strong>Shake Well</strong>&lt;br&gt;1 drop every 2 hours during waking hours</td>
<td>1 drop every 2 hours until the end of the day, then 4 times a day</td>
<td><strong>Shake Well Every Use</strong>&lt;br&gt;1 drop 4 times a day for 1 week after surgery.</td>
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<tr>
<td><strong>Refresh Plus</strong> (carboxymethylcellulose sodium 0.25%)</td>
<td>1 drop every hour, minimally, during waking hours.</td>
<td>Continue, no change.</td>
<td><strong>Minimum:</strong>&lt;br&gt;1 x hour for 1st week&lt;br&gt;8 x day for 1st month&lt;br&gt;6 x day for 2nd-3rd month&lt;br&gt;4 x day for 3rd-6th month&lt;br&gt;2 x day for 6th-12th month</td>
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**LASIK - POSTOPERATIVE MEDICATIONS**

KEEP EYES CLOSED FOR 4 HOURS AFTER SURGERY BEFORE STARTING MEDS!