

## **LASIK: What to Expect the First Week and Beyond**

1. It is **normal for one eye to see slightly better than the other eye** and for your vision, although good, to not yet be crisp and sharp.
2. As you heal, **your vision should improve or stay the same**....any significant diminishment of the sharpness of your vision or an increase in pain, particularly following any trauma to the eye, should be reported to the Eye Clinic.
3. It is important to keep up with regular use of your artificial tears (wetting drops). At first, every 1-2 hours but NOT less than 4 times/day over the first few months.
4. **Use your medications as directed**, including the Pred Forte (anti-inflammatory; shake before placing in your eyes) and Vigamox (antibiotic) until day 7. Wait at least 1-2 minutes in between drops to maximize effectiveness and diminish dilution.
5. **DO NOT rub your eyes** or participate in any activity which could jeopardize your eyes being hit....this could move the flap.
6. **Most patients have red spots on the white part of their eyes**....these are simply bruises from the flap creation and will fade in 2-4 weeks.
7. **Night halos and glare are COMMON and EXPECTED** in the first few weeks to months and often fade within 3-6 months after surgery. (According to US Navy studies.)
8. **No dirty or dusty environments** and no hot tubs or swimming for the first couple of weeks. No eye make up for the first 14 days.
9. Your doctor will tell you if you meet the MVA requirements to drive without glasses. However, even if you meet the requirements, you should only drive when you feel safe and comfortable doing so.
10. Unless directed by the doctor, it is NOT required to have a driver for your 4 or 5 day post-op visit.
11. It is critical that you attend all required post-op visits and complete your medications.
12. **Activities:** Your eyes are healing and need rest over the next few days. You MAY read, and work on a computer or cell phone, but use your artificial tears frequently and DON'T overdo it. Refer to the "LASIK/PRK: Recommended Wait Time for Activities" sheet for details about other activities.

### **CONTACTS:**

Refractive Surgery Center  
Eye Doctor on Duty

M-F, 0700-1630  
After-hours Pager

**(301) 295-1133**  
**(866) 295-4913 PIN 2022721#**