

Laser-Assisted In Situ Keratomileusis (LASIK) Take Home Instructions

It is very important that you see your eye doctor for the following post-operative appointments:

DAY 1*
WEEK 1
MONTH 1
MONTH 3
MONTH 6
MONTH 12

* You will need a driver for this visit

You may require more frequent visits if your eye doctor is monitoring you for changes or if you require an enhancement procedure.

Most patients have stable vision after one month, however, patients with higher or more complicated prescriptions may take three months or longer. Enhancement procedures to improve the final visual result are performed in a very small percentage, usually those with high prescriptions or unusual healing patterns. Your eye doctor will ensure you are visually stable before scheduling an enhancement, usually between 3-6 months.

It is not uncommon for patients to be referred back to the clinic during their recovery for consultation or additional testing. If this should occur, do not be alarmed.

You should not feel any severe pain following your procedure; however, if you experience any sudden increases in pain or decreases in vision during the first few days, please contact the Lumea team at **416.663.3160** as soon as possible for an evaluation.

In the case of an after-hours emergency, your call will be triaged by our on-call team, and if needed, re-directed to our on-call doctor. In the highly unlikely event that you are unable to contact a Lumea team member, please attend your nearest hospital Emergency Department.

FOLLOW-UPS

Post-Operative Visit #1

Date: _____

Time: _____

Dr: _____

Location: _____

Post-Operative Visit #2

Date: _____

Time: _____

Dr: _____

Location: _____

If you experience any severe pain, please call your eye care professional.

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Expectations of Visual Recovery

1. Sleep is the most important part of your visual recovery during the first 6-12 hours following your LASIK procedure. Most patients feel emotionally exhausted, have had sedation for their procedure and sleep comes easily. You will be provided with safety shields that should be worn while asleep during the first 48 hours to prevent accidental injury to your eyes. Sunglasses will be provided and are recommended during the day. Sleep can support your visual recovery and help the corneal flaps heal properly in position.
2. Immediately following your LASIK procedure, your eyes will feel gritty, and it is common to feel a foreign body sensation. The eyes will also feel dry, be more light sensitive, and your vision will be hazy. These symptoms occur in 100% of people during the first 24-48 hours following your surgery.
3. Excessive TV viewing, computer use, or reading will strain your eyes and increase dryness and should be done in moderation for the first few days.
4. By the first morning after your LASIK procedure, you should notice a significant improvement in your vision and comfort level, although your vision may still be stabilizing.
5. **Do not rub your eyes.** Small children and pets are notorious for poking eyes and great care should be taken around both.
6. Patients may shower the next morning but avoid having the shower spray directly at your eyes. It is also important to avoid getting shampoo in your eyes.
7. Eye make-up should be avoided during the first week.
8. During the first week avoid exercise or sports (including swimming in a pool) and dusty or dirty environments. Wait one (1) month prior to engaging in any contact sports, swimming in a lake, ocean or entering a hot tub.
9. Symptoms of visual fluctuation, blurriness, dryness and night glare are very common during the first month and typically clear over 3-6 months as the eyes heal.
10. It is important to remember that everyone heals differently and has different prescriptions; therefore, do not compare your results with others. Your optometrist will monitor your progress and will keep the clinic informed every step of the way.
11. It is important to follow your recommended eye drop regimen, post-operative instructions and attend all your scheduled eye doctor visits.

See things differently.

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LASIK Post-Operative Instructions



Week 1

MEDICATION*	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Antibiotic – ZYMAR Use one (1) drop 4X per day for the first week following surgery	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop every 2 hours for first 24 hours following surgery, then one (1) drop 4X per day	One (1) drop every 2 hours for first 24 hours	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
HYLO or REFRESH PLUS (non-preserved) After the first 48-hours, use one (1) drop every 2 to 4 hours per day for first week		Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Week 2

MEDICATION*	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Steroid – Maxidex Use one (1) drop 2X daily during the second week (discontinue on day 14)	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening
HYLO or REFRESH PLUS (non-preserved) Continue using one (1) drop every 2 to 4 hours per day. Use of artificial tears is recommended 4X per day for 1 to 3 months until vision is stable	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day

**Your pharmacist may substitute above medications with similar generic brands. If this happens, please ask the pharmacist to verify that the same drop schedule applies as instructed above.*

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