

Post LASIK Instructions

The day of your LASIK:

- A) When you return home, take your sleeping pill and try to nap.
 - a. Sleeping helps the healing process, because you are not blinking over the regenerating cells.
 - b. If you cannot sleep, rest with your eyes closed as much as possible for the first 6 hours.
 - c. Do not plan any activities until after your post-op exam the following morning.
- B) Do not read for the first 24 hours.
- C) The white of your eye may be red for several days.
- D) You may experience scratchiness, tearing and or light sensitivity the afternoon of your LASIK.
- E) You may remove your plastic shields to instill drops and in the morning when you awaken before your post-op visit. Be very careful not to bump your eyes.
- F) Do not shower the morning after your LASIK until Dr. Boling has examined your eyes.
 - a.) You may bathe but do not wash your face or hair.

For the first week after your LASIK:

- A) Do not wear eye make-up.
 - a. You may wear liquid face make-up. Avoid getting any make-up in your eyes.
 - b. Do not get water in your eyes.
 - 1.) You may shower but gently blot your eyes with a clean cloth before opening them.
 - 2.) If you accidentally get water in your eyes, use one drop of Zymar.
- B) Do not do aerobic exercise or weight lifting for 3 days.
 - a. Be sure to wear a sweatband when resuming exercise within the first week after your LASIK.
- C) Wear your eye shields whenever sleeping for one week.

For the first 2 weeks after your LASIK:

- A) Do not swim or sit in a hot tub.
- B) Do not swim in the ocean, lake, pool, etc...

The following weeks after your LASIK:

- A) Do not rub your eye for 4 weeks.
 - a. You may gently pat or wipe around your eye as needed.
- B) You may experience fluctuating vision. This will stabilize in 4-6 weeks.
 - a. Vision fluctuation should not affect your daily activities.
- C) You may experience halos around lights as your eye heals. This may make it difficult to drive at night. This should stabilize in 4-6 weeks.
 - a. Artificial tears may be helpful in minimizing the halo/starburst effect.
- D) Wear protective eyewear when playing racquet or contact sports.

Eye medications:

Today: Follow the instructions for drops on the separate sheet you were given.

Starting Tomorrow Use:

- A) Zymar 3 times a day for 1 week.
- B) Pred Forte 3 times a day for 1 week.
- C) Acular PF 3 times a day for 48 hours.
- D) Artificial tears 6 times a day for 4-6 weeks.
- E) Vitamin C- one 500mg pill 2 times a day for 48 hours following LASIK.

Note:

- F) Wait 5 minutes between drops.
- G) Shake the bottles well before using.
- H) Wash hands before instilling drops.

You have had Valium today
and therefore should not drink
any alcoholic beverages.

Call Dr. Boling if you have:

- A) Moderate to severe pain.
- B) Sudden loss or change in vision.
- C) Unusual discharge.
- D) Continued scratchiness or light sensitivity.
- E) Any questions. We are always available to help you.

Dr. Richard Boling II
(574) 294-3120

Dr. Richard Boling
(574) 293-6665

Kathy Boling
(574) 262-2721

I have received and understand these instructions

Patient signature _____ Date/Time _____ Instructed by _____

LASIK Medication Instruction Sheet

Instructions for drops today if you had a Morning LASIK

When you go home take your sleeping pill and sleep as long as you are able. Upon awakening, use a set of drops: 1.) Pred Forte

2.) Zymar

3.) Acular PF

Spaced 5 minutes apart

Then tape the shields back in place. Try to use another 2-3 sets of all 3 drops before you go back to bed this evening. Also, take an evening dose of vitamin C.

* Tomorrow, follow the schedule of drops given on the Post LASIK instructions.

Instructions for drops today if you had an Evening LASIK

When you go home, take your sleeping pill and sleep as long as you are able. If you sleep through the night without using any drops, that is fine. If you wake up, you can use a set of: 1.) Pred Forte

2.) Zymar

3.) Acular PF

Spaced 5 minutes apart

Tape shields back in place. Also take an evening dose of Vitamin C.

* Tomorrow, follow the schedule of drops given on the Post LASIK instructions.