

LASIK SURGERY

POST-SURGICAL INSTRUCTIONS



Provided in Kit



First 24 hours every hour

Will need to purchase at local pharmacy



4 to 6 times per day
or as needed
Use 8 weeks Post OP

- 1. PRED FORTE (white top) (Please shake prior to using)**
 - Apply every hour for the first 2 days after surgery.
 - Apply every 2 hours for the following 2 days.
 - Then apply 4 times a day until the drops are gone or until Dr. Rosin tells you to discontinue.

2. ZYMAXID (beige top)

- Apply drops 4 times a day (breakfast, lunch, dinner, and bedtime) for the first 2 days then 2 times a day until drops are gone.
- ***DO NOT AWAKE DURING NIGHT TO ADMINISTER DROPS***
- Wait at least 5 minutes between applying Pred Forte and Zymaxid so that your eyes can get the full effect of each medicine.
- Use Optive as much as needed to prevent dryness.
- **DO NOT RUB YOUR EYES** – Use the eye protectors when you sleep for the first seven days after surgery.
- You can shower in the morning but be very careful not to get any water in your eyes.
- Your eyes may be sensitive to light. Wear sunglasses to lessen any light sensitivity and to help keep dirt or dust out of your eyes.
- Do not swim or engage in any aquatic activities for the first 14 days after surgery.
- It is best to avoid places with cigarette smoke for at least seven days after surgery.
- Red spots on the white of your eyes are normal and will disappear over the next several days.
- No exercise for the first 4 days.
- No vigorous exercise (**NO HEALTH CLUB**) for 1 week.
- No make-up around eyes for 1 week.

It is normal for your eyes to feel itchy and dry or like something is in them. Your eyes may also start to tear excessively. This can be very intense but will subside within 3-4 hours after surgery. Try to relax or take a nap when you get home in an effort to ease this discomfort. If discomfort worsens after 3-4 hours, please call our office.

**If you have any questions, please contact our
Laser Vision Coordinator, Jessica Jacobson at (630) 546-8313
Emergency Contact Number: (708) 876-8601**