

AFTER YOUR LASIK SURGERY

Immediately After Surgery

- Do not drive.
- Do not rub your eyes.
- Go home and rest. Take a nap or lay with your eyes closed as much as possible.
- Avoid bright lights.
- Take over-the-counter pain medication as directed.
- Use your medicated eye drops as directed.
- Use artificial tears as directed.
- If you were given a Valium, do not drink alcoholic beverages.
- Wear protective eye shields at bedtime.

For the first 24 to 48 hours after LASIK, it's normal to experience:

- A foreign body sensation (a feeling that something is "in" your eyes).
- Dry or watery eyes.
- Sensitivity to light.
- Blurred and/or fluctuating vision.

The First Week After Surgery

- Do not rub your eyes.
- Use your medicated eye drops as directed.
- Use artificial tears as directed.
- Wear protective eye shields at bedtime.
- Do not use eye makeup.
- Wear protective eyewear for sports and other activities.
- Do not swim or use a hot tub or sauna.
- Avoid dusty, dirty and/or smoky environments as much as possible.
- You may resume jogging and aerobics 1 day after surgery.

You may experience the following for up to 4 weeks or longer:

- Dry or watery eyes.
- Blurred and/or fluctuating vision.
- Glare and/or halos around lights.
- "Bloodshot" eyes (and possibly areas of blood in the "white" of the eye).
- Mild bruising or swelling of your eyelids.

Contact our office immediately if you experience any of the following:

- Severe eye pain.
- Significant loss of vision.
- Increasing redness and/or discharge.
- An eye injury after LASIK.

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Rev. 1/23/08