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Before your LASIK Procedure

- Use **Zymaxid 1 drop 4 times** the day before
- The day before surgery:
 - Please discontinue contact lenses
 - Remove all eye make-up, including eyeliner and mascara
 - Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery



Surgery Day

MORNING PRIOR TO SURGERY

- On the morning of surgery, please take all medications (including Zymaxid) as normally prescribed
- Do NOT use any eye make-up, mascara, or fragrances
- On surgery day, we will provide you with a surgical kit and instructions
- Please arrive at least 30 minutes prior to surgery (unless instructed to arrive earlier for additional testing)

AFTER SURGERY

Immediately following Start your post-operative drops upon returning home (or no later than 2 hours after surgery)

Zymaxid (antibiotic)
4 doses/day



Pred (anti-inflammatory)
1 dose every hour (first day)



**SHAKE
WELL**

Tears (preservative free)
1 drop every 30 min



Zymaxid: 1 drop 4 times (ex: 3 meals plus bedtime) for 4-7 days (until bottle empty)

Pred: **Day 1:** 1 drop every 1 hour
Day 2: 1 drop every 2 hours
Days 3-10: 1 drop 4 times a day

* Be certain to shake the bottle thoroughly prior to each drop.

Tears: Use **preservative-free (PF) artificial tears at least 1 drop every 30 minutes for 2 weeks.** You may use them more frequently. We recommend Refresh or Optive tears. After 2 weeks you can switch from the preservative free to the regularly bottled tears. Continue the artificial tears everyday for 3-4 months, at least a couple times a day or more frequently.

Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. "Pred" may leave a harmless white residue in the eyelid corner.

Activities

- Do not rub your eyes for at least 2 weeks.
- Take great care when blotting your eyes following eye drop insertion.
- It is best if you take a nap for several hours upon arriving home – it protects the flaps and allows them to heal more quickly.
- Please wear protective glasses or the shields in your kit throughout the first day. Sleep with the shields for 3 nights. You may sleep with the shields for a longer period of time if you are worried that you may rub or harm your eyes.
- For discomfort, use any over-the-counter medication (Tylenol, aspirin, Advil, etc.). If you develop pain that is not managed by these medications, please contact us as instructed below.

Normal early postoperative symptoms: droopy or swollen eye lids; eye watering and redness; a scratchy or sandy sensation; stinging with the eye drops; hazy, or fluctuating vision; sensitivity to bright lights; some halos at night.

Visual Recovery

- **It is normal for your vision to be blurry and fluctuate for the first few days and to gradually improve over the next 6 weeks. Complete visual recovery takes at least 3 months.**
- If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- You may notice increased sensitivity to sunlight. This usually recedes over the next several months. Please wear sunglasses as needed for comfort.
- Refrain from all eye make-up for 5 days following surgery.
- You can resume most normal activities immediately. You may run, golf, or return to work the next day.
- Unlike the convalescence with some surgical techniques, you do not have to be concerned about bending or lifting.
- We ask that you do not go swimming or go in a hot tub for at least 7 days following surgery. Normal showering and washing your hair is fine.

If you are experiencing severe pain or sudden loss of vision, call our office *immediately* for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.

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