

After My Lasik Surgery

What to Expect after Lasik Surgery

- Discomfort varies from patient to patient
- Most common complaints are **burning, stinging, tearing, scratchiness, runny nose, dull ache in eye, headache, redness and light sensitivity**
- Your vision is expected to be **cloudy, foggy, and/or blurry** on the first day

Is It an Emergency? **770-394-4000**

Call the office if you experience:

- Deep, boring pain in the eye that is not improved with pain medication
- Nausea and/or vomiting
- Appearance of dense, floating specks
- Bright flashes of light
- "Curtain" effect off to the side
- Sudden, dramatic change in your vision

What to Do after Lasik Surgery

- Resume your regular **diet**
- Take a **nap** or close your eyes for 3-4 hours after surgery
- You may watch television, read and use the computer
- Wear the **eye shield** all day today and tonight
- Use **lubricating eye drops** 3-4 times a day and as needed for scratchiness
- **Chilling your eye drops** may be very helpful
- Take one tablet of **Hydrocodone** with food within 30 minutes after surgery and then every four hours as needed for pain
- Take over the counter **Acetaminophen** or **Ibuprofen** as needed for mild discomfort
- Take **Dalmane** as needed for sleep at bedtime
- **Showers only** for two weeks (no baths, pools, hot tubs, lakes, etc.) beginning tomorrow
- **Eye makeup** may begin in four days
- **Exercise** is permitted tomorrow; avoid perspiration in the eyes if possible
- **No rubbing or scratching** eye for 3-4 months
- **One Day Post-op Appointment:** _____

Eye Drop Instructions

	Generic Tobradex <i>(tobramycin and dexamethasone suspension)</i>  SHAKE BOTTLE	Lubricating Drops 
Immediately after surgery	NO	Use LIQUIGEL or BLINK GEL at least once every hour while awake
Tomorrow and for SIX days after surgery	4 times a day for 6 days Breakfast, Lunch, Dinner, Bedtime	Use GEL or TEARS 3-4 times a day and as needed for dry eye symptoms over the next several months



Tobradex is a combination antibiotic and steroidal anti-inflammatory medication for the eye. You must shake the bottle every time you use it.