

LASIK (& PRK) Post-Operative Instructions

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- **DO NOT RUB OR SQUEEZE YOUR EYES FOR ONE WEEK.**
- Your eye may develop red spots and your eyelids may be slightly swollen within the first 48 hours.
- **DO** wear protective eye shield(s) and sunglasses as prescribed by your doctor.
- **DO** get plenty of rest in a dark room. Your eye(s) may feel light sensitive, strained or have a foreign body sensation.
- **DO** take prescribed oral pain medications. Two Advil or Nuprin (Ibuprofen) will usually be sufficient. Your doctor may write a prescription for pain medication.
- **DO** feel free to shower or bathe. Avoid long hot showers and keep eyes closed.
- **DO NOT** perform tasks that strain your eye(s) or exercise in the first week.
- **DO NOT** wear eye makeup for one week. Consider purchasing new eye makeup to avoid possible contamination from previously used makeup.

Your post-op medication kit includes several drops you will need for the next week. Follow these instructions unless otherwise directed by your surgeon. Use 1 drop per eye allowing 2 minutes in between drops. This way one drop will not wash out the first.

- **EconoPred:** Shake well. This medication aids in the healing of your eyes. Use this medication every two hours while awake for the first two days and then 4 times per day for the next 4 days as directed by the doctor.
- **Vigamox:** This medication is an antibiotic used to prevent infection. Use 4 times per day, once before each meal and at bedtime until your doctor directs otherwise.
- **Systeme:** Use this lubricating drop whenever your eye(s) are dry. Use preservative free lubricating drops for the first week.

Contact your doctor immediately if you have any problems or questions.