

You should expect your eye(s) to feel very scratchy, watery and sensitive to light. Your eye(s) may also be red and irritated. **Your vision will be blurry immediately after the procedure.** Your vision will continue to improve during the first few weeks after the procedure although it may fluctuate throughout the day for several weeks.

As with any outpatient surgical procedure, we rely on our patients to be active participants in managing recovery. It is very important to read this information and follow the instructions to maintain your eye health, visual comfort and ensure the best possible outcome from the procedure.

### INSTRUCTIONS

1. Use the following eye drops (one drop per treated eye ):
  - Pred Forte– After shaking vigorously instill one drop every hour (while awake) on the day of your surgery. Then, 1 drop four 4 times a day for 1 week then stop. This drop will be given to you on surgery day.
  - Zymar – 1 drop before dinner and 1 drop before bed on the day of your surgery. 1 drop 4 times a day for 3 days then stop. You will need to get this prescription filled before the day of your surgery.
  - **Preservative free** artificial tears (Refresh Plus, Tears Plus, Bion Tears, or Thera Tears) at least every hour (while awake) for the first 3 days and whenever your eyes feel irritated.

**\*REMEMBER TO SEPARATE THE INSTILLATION OF ALL DROPS BY 5 MINUTES!**

2. We recommend that you take a two-hour nap after the procedure and keep your eyes closed as much as possible. No TV, no reading, no computers.
3. Pain Control- Initially we suggest you use any over-the-counter pain reliever you may have at home. If this is not sufficient, please let us know and we can write you a prescription for a stronger pain reliever.
4. **Do NOT rub or bump or touch your eyes for 4 weeks after the procedure.** Whenever you feel the need to rub your eye or the eye begins to itch you should instill more artificial tears. When instilling your drops, **DO NOT TOUCH YOUR EYE**, tilt your head back and pull down you lower lid at the cheekbone and let the drop fall from the bottle onto your eye. Do not get near your eye when removing tears or excess moisture, let the moisture run down to your cheek and then wipe it away. Be careful not to touch your eye with the bottle. Also, be sure to make gentle complete blinks and do not **squeeze** your eyes shut at anytime.
5. Use the shields provided for the first 24 hours following your procedure, only removing them to instill your drops. Continue to use the shields at bedtime for 2 weeks, to prevent inadvertent trauma or eye rubbing.
6. We recommend that you wait 24-48 hours before taking a shower. When showering use caution and be sure to not let direct water pressure hit your eyes. Face opposite the water and if water or shampoo runs down your face be sure to keep your eyes gently closed and dab your face dry around your eyes not on your eyes when drying off.
7. Wear sunglasses outside at all times for at least the first few weeks to protect from sun and wind damage. Avoid smoke and other eye irritants.
8. **Avoid all water activities such as hot tubs and swimming pools for 2 weeks after the procedure.**
9. **Do NOT use eye makeup for 2 weeks after the procedure.**
10. **Driving:** Patients are required to have a driver both the surgery day and for the office visit the day after.
11. Protective eyewear should always be worn for any activities that may cause eye injury.
12. **Plan to be here about 2 ½ hours on surgery day.** Please attend all of your post-operative follow-up visits and bring your eye drops to each one. **You should also be accessible to our office for 7-10 days after surgery.**