

## Instructions after Lasik

Immediately after laser surgery it is preferred that you keep the eyes closed for several hours. You should go home and start the drop regimen, eat a light meal if you are hungry and try to sleep for a few hours. Be sure to place the shields on your eyes before you sleep. Upon awakening or in several hours, continue with the drop regimen.

**It is very important that you do not rub your eye for at least 4 weeks after lasik. Wear the eyeshields that were provided during all sleeping hours for 2 weeks after lasik.**

Sunglasses are strongly recommended for use when outside, rain or shine, during the first week to protect your eyes from the elements.

You may take any over the counter pain reliever that you are comfortable with such as Tylenol or Advil if needed.

Avoid mascara and eyeliner for 5 days.

Avoid dirty and dusty environments for 5 days. These environments can irritate your eyes.

You may shower the day following your lasik but avoid getting any water or soap in your eyes.

You may return to work after the first post-operative day as long as the work does not include any physical risk to the eye and is not in a dirty or dusty environment.

No swimming or hot tub for one week.

You may resume light sports (involving no risk to the eye) within 3 days. At seven days you may resume all your usual athletic routines, however, some sports with a particularly high eye risk like racket sports, basketball and soccer for example should not be resumed until 2 weeks after lasik. As is the case with all individuals you must wear the appropriate eye protection at all times for the particular activity. Rarely, a lasik flap can become dislocated by a traumatic injury months or even years after the initial surgery.

**The following symptoms are common during the healing process:**

**Irritation**-like feeling a hair or lash or foreign body in the eye. Lubricant eye drops will help this over time.

**Light sensitivity**-Sunlight and bright indoor light may cause discomfort for several days after lasik.

**Blurry and fluctuating vision**-remember that everyone heals at their own rate. The vision will fluctuate during the first weeks to months. Often the final outcome is not known for 3 months or more for high corrections or high astigmatism.

**Reading vision**-if you are over 40 and especially over 45 you will have an immediate drop in your reading vision after myopic lasik. You can buy a pair of over the counter readers at the drugstore for temporary help.

**Night glare**-This is very common and in most cases gradually diminishes to pre-operative levels of the first several weeks but up to several months in some cases.

**IT IS UNUSUAL TO HAVE A MARKED DROP IN VISION AFTER THE FIRST POST-OP DAY. IT IS ALSO UNUSUAL TO HAVE SIGNIFICANT AMOUNTS OF PAIN OR A NEW ONSET OF EYE PAIN AFTER THE FIRST POSTOPERATIVE DAY. IF YOU HAVE THESE SYMPTOMS CALL DR. HIRSHFIELD AT:**

**718-460-1200**