

Advanced Surface Ablation Discharge Instructions



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1. Immediately Following Surgery

Go home and REST with your eyes closed. Wear your protective eye shield for the first 72 hours while sleeping. Do not squeeze or rub your eyes. During the first 12-72 hours, you will experience discomfort. You can use Tylenol, Advil or prescribed pain killers as directed. Taking a Valium may help you rest more comfortably.

Remember, the day of surgery is for resting!

2. Eye Care

Do not get anything in the eye for the first three days besides the prescribed eye drops. Avoid eye makeup until after your first postoperative visit. Washing your hair or showering is permissible so long as you keep the soap and water from running into your eyes for the first 5 days.

3. First Day After Surgery

Your eyes will be somewhat tender, and your vision will be blurry during this time. Progress may appear to be slow and your vision may fluctuate from day to day. This is normal. In most cases, vision will not be clear enough to safely drive during the first week. It will take 4-6 weeks for your vision to stabilize and 1 to 3 months to achieve a final result (this varies from patient to patient.)

4. Medications

You will be using medicated eye drops daily as directed. These drops may sting a little upon application. Wash your hands before applying the drops and do not touch the dropper bottle to your eye. If you do, simply wipe the top of the dropper with alcohol to clean. It is very important to use artificial tears at least every hour the first few days following your surgery. These over-the-counter **PRESERVATIVE FREE** artificial tears can be purchased at your grocery store or pharmacy.

Drop Instructions: Always wait 5 minutes in between each drop to avoid washing one out with the other.

- Ofloxacin or Vigamox Eye Drops (tan cap): 1 drop 4 times a day in surgery eye(s) for 1 week.
- Pred Forte 1% (pink cap): 1 drop 4 times a day in surgery eye(s) for 6 weeks.

Oral Medications:

- Norco/Hydrocodone: 1 tablet every 4-6 hours as needed for discomfort for the first 24 to 48 hours.
- Neurontin (gabapentin): 300 Mg 3 times a day for 3 days.
- Valium: 1 tablet every 6-8 hours as needed for sleep. *(For 24 hours after taking Valium: Do not drive, make important decisions, sign legal documents or drink alcoholic beverages)*
- Over-the-counter Advil, Tylenol or generic substitutes as directed.

5. The Following Days

Normal symptoms include: Blurry or fluctuating vision, "scratchy" irritation, light sensitivity, tearing/eye watering, diminished depth perception, "gritty" or dry feeling.

Abnormal symptoms: Severe pain not relieved by oral pain medications.

Expect your vision to fluctuate during the first month or two following surgery. You may experience dimming of your vision in the evenings or light sensitivity during the day. These symptoms and mild discomfort should lessen over time.

If you are over the age of 40 and have a difficult time seeing up close following Advanced Surface Ablation, you may benefit from a pair of +2.00 reading glasses.

6. Recommendations

- Avoid contact or racquet sports following surgery until your doctor clears you for such activities. After this time, it is recommended that you wear protective eyewear.
- Avoid swimming pools, hot tubs, saunas or other possibly contaminated water for two weeks following surgery.
- No heavy lifting for 1 month.

- No vigorous exercise for 5 days. Your doctor will guide your activity limitations based on your recovery.
- You may read or use a computer, but remember to blink often and avoid computer use for long periods of time.
- If your bandage contact lens falls out, do not attempt to place it back in the eye. Contact ClearView Eye Clinic during normal business hours at **866-770-2020**. This is not an emergency and can be replaced during your follow up visit. If you have any urgent questions or concerns, please call **208-882-4511** and ask that a ClearView physician be contacted on your behalf.

You will have a post-op appointment scheduled 3-5 days post-surgery.