

1. Immediately Following Surgery

Go home and REST with your eyes closed. If you experience any discomfort, take Tylenol or Advil as directed. Sometimes taking a Valium will help you rest more comfortably. Wear your protective eye shield for the first 24 hours while sleeping. DO NOT SQUEEZE or RUB YOUR EYES for the first 48 hours.

Normal Symptoms Include: Blurry or fluctuating vision, mild “scratchy” irritation, light sensitivity, tearing/eye watering, diminished depth perception, “gritty” or dry feeling.

Abnormal Symptoms: Severe pain not relieved by oral pain medications. Please contact our office immediately at **866-770-2020** or after hours 208-882-4511 and ask that the ClearView physician on call be contacted on your behalf.

2. Eyelid Care

Do not get anything in your eye for the first three days besides the prescribed eye drops. Avoid eye make-up 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 3 days.

3. First Day After Surgery

You will typically see one of our doctors 1-2 days following your laser surgery _____. Your eyes may be somewhat tender and your vision may be blurry during this time. Occasionally, small blood spots can appear on the white part of your eye. This is completely normal and should disappear within 7-14 days.

4. Medications

You will be using medicated eye drops daily as directed. These drops may sting a little upon instillation. Wash your hands before instilling 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 the artificial tears at least every hour the first few days following your laser 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 in surgery eye(s) 4 times daily for 1 week.
- Pred Forte Eye Drops (small clear vials or pink cap): 1 drop in surgery eye(s) 4 times daily for two weeks.
- Over-the-counter Artificial Tears at least 4 times daily, more often as needed for irritation. Any brand will work, but must be **PRESERVATIVE FREE**.

Oral Medications:

- Norco/Hydrocodone: 1 tablet every 4-6 hours as needed
- 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

Expect your vision to fluctuate during the first week 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 LASIK, you may benefit from a pair of +2.00 reading glasses***

6. Physical Activity

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. You may resume wearing eye makeup, jogging, weight lifting or aerobics after your first post-operative visit, but do not significantly increase your level of exercise for two weeks.