Appointment Date and Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Dr.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Additional Appointments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEALING SYMPTOMS:** YOUR VISION WILL BE BLURRY AND FLUCTUATE FOR THE FIRST FEW DAYS AND GRADUALLY IMPROVE OVER THE NEXT 4 WEEKS THIS IS NORMAL. COMPLETE VISUAL RECOVERY TAKES AT LEAST 3-6 MONTHS.

Your eye may sting and tear for the first day. Lubrication and time will improve your comfort. Tylenol, Advil or other similar pain relievers may be take if necessary. Reading may be difficult initially. If you are over 40, temporary reading glasses may suffice until your vision has stabilized, then permanent prescription readers may be necessary.

Normal healing involves some regression (partial return to nearsightedness or farsightedness) and this is accounted for in your initial treatment. If regression is significant, an enhancement (retreatment) may be performed 4-6 months after the initial LASIK procedure. A disposable contact lens or glasses may be worn, if needed, after 1 week following LASIK until the time is right for enhancement.

Please remember that everyone heals differently. Your process will be monitored at regularly scheduled visits and your management will be decided accordingly.

**SLEEP:** It is best to sleep as much as possible as this will promote faster healing. Wear the protective shields as instructed.

**ACTIVITIES:** **No showering for 24 hours after procedure.** Wait one full week before swimming, wearing eye makeup, exercising, or other strenuous activities. Avoid dusty/dirty environments. Do not rub or touch over the eye for the first week.

**VISUAL RECOVERY:**

* Your vision will be tested at your 1-day PO and you will be released to resume driving if your vision meets legal requirements.
* Your vision will slowly improve over a period of 5 to 10 days.
* You can wear eye make up and return to your normal activities 1 week after your procedure.
* Your focus will vary throughout the day and it will take several seconds for objects to become clear. Your depth perception may be lacking for 7-10 days, so take special care, especially when driving.
* **It is important to remember that every patient heals differently and at their own pace, so please have patience.**
* Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

**STANDARD EXAM SCHEDULE:**

* You will have follow-up appointments at day 1 & day 3-4 to check for infection and inflammation.
* You will also be scheduled for 1 month, 3 month, 6 month and 12 month follow appointment to check for normal healing.
* You will need to schedule annual eye exams with your eye doctor to check for visual stability and evaluate your general eye health.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Combo  Antibiotic/Steroid Drop | Prednisolone Acetate 1%-Moxifloxacin 0.5% | Use one drop every 1-2 hours while awake in the surgical eye(s)after surgery on day 0. Then use 1 drop 4 times a day for 7 days in the surgical eye(s). |
|  | **Antibiotic Drop** | **Ocuflox**  **Ofloxacin**  **Moxifloxacin**  **Polytrim**  **Polymyxin** | Use 1 drop in the surgical eye(s) 2-3 times after surgery on day 0  Continue 1 drop in the surgical eye(s) 4 times per day for 7 days. |
|  | **Steroid Drop** | **Pred- Forte 1% Prednisolone Acetate** | Use 1 drop in the surgical eye(s) every 1-2 hours while awake on day 0 after surgery   Continue 1 drop in the surgical eye(s) 4 times per day for 7 days |
|  | **Lubrication Drops** | **Systane or Refresh (preservative free is preferred)** | Use 1 drop every 2 hours while awake for 1 week after surgery. Then 1 drop 4 times a day or as needed for comfort. |

**EYE DROPS:** You will be given a prescription and/or eye drops to use. **\*\*Wait at least 5 minutes between each eye drop.** The directions for your medications are below.