

## LASIK POST-OPERATIVE INSTRUCTIONS

- When you get home, take the sleeping pill (Dalmane) to help you rest. You may take one pill as soon as you get home. If not asleep in an hour take the second pill.
- No SQUEEZING, RUBBING, or SHEERING force to the eye area. Wear the provided shields during sleep for the first week following surgery. The shields and tape are available in the LASIK pack.
- Use antibiotic drop ZYMAR in operated eye(s) for two days following surgery, 4 times a day.
- Use steroid drop PRED FORTE in operated eye(s) for two weeks following surgery.
  - Week 1: 1 drop, 4 times a day
  - Week 2: 1 drop, 2 times a day
- Wait 5 minutes between drops.
- Artificial Tears can be used AS MUCH and AS OFTEN as makes you comfortable. Please make sure the artificial tears are **non-preservative** or **preservative free**.
- When you wake up in the morning you may soak with a warm washcloth to remove any eye crusting. DO NOT RUB EYE(S).