

Wasatch View LASIK



LASIK Post-Operative Instructions

Medications/drops:



Ocuflax (ofloxacin ophthalmic solution) is an antibiotic that's used to avoid getting an infection. It has a brown lid. One drop needs to be put into each operated eye 4 times per day for one week. This typically means using it at breakfast, lunch, dinner and at bedtime. You will be given a prescription for Ocuflax.



Pred Forte (prednisolone acetate ophthalmic suspension) is an anti-inflammatory used to control the healing process. It has a white or pink lid. One drop needs to be put into each operated eye 4 times per day for one week. This also means using it at breakfast, lunch, dinner and at bedtime. Pred Forte is a suspension and will separate into different components. To avoid this it should be **shaken** for well for 30 seconds prior to each use. You will be given a prescription for Pred Forte.



Preservative-free artificial tears are very important to use post-operatively because they hydrate the corneal flap, which facilitates the healing process and prevents the formation of striae (wrinkles). Artificial tears need to be used every ½ hour for 3 days and then at least every hour for the next 3 weeks. Preservative-free artificial tears are recommended because artificial tears with preservatives have an accumulative effect to cause discomfort and irritation when used on such a frequent basis. Artificial tears can be found over-the-counter.

Post-op visits:

Patients are typically seen 1 day, 1 week and 2 months after their surgery

Instructions

- It is not necessary to apply drops at night when sleeping
- Do not drive until after your 1-day post-operative visit and you feel comfortable doing so for safety reasons
- No suturing or gluing of the corneal "flap" is done; it will adhere by itself over the next one to two weeks and this is why it is important to not squeeze your eyes shut or squint during this time period; avoid bumping or rubbing your eyes for three months
- While sleeping or napping wear your protective eye shields for the first week, this will prevent you from accidentally bumping or rubbing your eyes
- Avoid strenuous exercise for 1 week, no high-impact water sports for 3 months or scuba diving for 4 weeks
- Don't allow water or soap in your eyes for at least one week
- Avoid makeup for two weeks and should be replaced with new
- No swimming, hot tub, snow skiing or snowboarding for 2 weeks
- Protect your eyes from bright sun and wind for 1 month
- If you notice increasing pain or a sudden decrease in vision – call us immediately

Expectations

- Dry eye-it is very common to have after refractive surgery; common symptoms include burning, tearing, temporary blurring of vision and foreign body sensation
- Fluctuating vision-your vision may fluctuate for the first several weeks as it heals
- Glare/Halo-some patients have glare/haloes at night around lights in the dark for the first few weeks, this typically goes away

Office phone number: (801) 858-2020

Your next day appointment is at _____