



DAVIS VISION CENTER

Lasik Surgery Post-Operative Instructions



- You have been given a prescription for an antibiotic eye drop that you will need to fill today if you have not already. You will also be given an anti-inflammatory drop. Be sure to use your eye drops exactly as directed. Wait 5 minutes between the application of each drop.

Zymar (antibiotic): One drop in each operated eye 4 times daily for 7 days.



Pred Forte (anti-inflammatory): One drop in each operated eye every hour for the first day. Use it 4 times daily for the following 6 days.

Restasis: One drop in each eye two times daily until told to stop (usually 3-6 months). Use vial at night and save it for the next morning, then throw it away.

Artificial Tear Drops: These should be preservative free eye drops. We recommend the Refresh Plus brand which comes in one use vials. Use these drops every half hour until you go to bed. At your one day follow-up they will ask you to continue this pattern or go to every hour.



- Dr. Davis recommends resting your eyes for 4 hours after surgery. Continue to use the drops during that time.
- You may experience some discomfort after surgery. It is usually described as a slight burning or a foreign body sensation. Try using the artificial tears again and rest your eyes. If necessary, you may take Tylenol or Ibuprofen as needed for pain.
- You may watch TV today but do not read, work on the computer or any other activities that cause staring.
- Do not drive until after your 1 day post-operative visit and the doctor has given you permission to do so.
- Wear your protective eye shields today and while sleeping for 4 nights.
- Do not squeeze your eyes shut or squint.
- Do not bump or rub your eyes for 2 months.
- Use caution when showering for 1 week. Do not allow water or soap in, on or around the eyes.
- Do not wear makeup for 5 days. After this time, use extra care when applying and removing makeup for 10 days. It is recommended that you buy new mascara and eyeliner.
- Use protective eye wear when participating in activities or sports that may result in impact to the eye for 3 months.
- No exercise for 1 week.
- Do not swim or use a hot tub for 2 weeks. Do not water ski, jet ski, or participate in other sports which may result in impact for 2 months. No snow skiing or snowboarding for 2 weeks. Wear a good pair of goggles when participating in these activities.



Your 1 day post-operative appointment is scheduled on _____ at _____.

If you have any questions or difficulties, please call us day or night (801) 253-3080.