



LASIK TAKE HOME INSTRUCTIONS

EYEDROPS: ALLOW A FEW MINUTES BETWEEN DROPS TO ALLOW FOR ABSORPTION & SPACE YOUR DROPS OUT EVENLY THROUGHOUT THE DAY

Week 1

- **Antibiotic -ZYMAR**
 - Use 1 Drop 4 times per day for the first week following surgery
- **STEROID – MAXIDEX**
 - Use 1 drop every hour that you are awake for the first 48 hours following surgery, then 1 drop 4 times per day
- **Artificial Tears- HYLO or REFRESH PLUS (non preserved)**
 - After the first 48 hours, use 1 drop every 2-4 hours per day

Week 2

- **Steroid- MAXIDEX**
 - Use 1 drop twice daily during the second week (then discontinue day 14)
- **Artificial Tears- HYLO or Refresh**
 - Continue to use 1 drop every 2-4 hours
 - After the second week, it is still recommended to use artificial tears four times per day for 1-3 months until your vision is stable

EXPECTATIONS OF VISUAL RECOVERY:

1. Sleep is the most important part of your visual recovery during the first 6-12 hours following your LASIK procedure. Most patients feel emotionally exhausted, have had sedation for their procedure and sleep comes easily. You will be provided with safety shields that should be worn while asleep during the first 48 hours to prevent accidental injury to your eyes. Sunglasses will be provided and are recommended during the day. Sleep definitely speeds your visual recovery and assures that the corneal flaps heal perfectly in position.
2. Immediately following your LASIK procedure, your eyes will feel gritty, and it is common to feel a foreign body sensation. The eyes will also feel dry, be more light sensitive, and your vision will be hazy. These symptoms occur in 100% of people during the first 24-48 hours following your surgery.
3. Excessive TV viewing, computer use or reading will strain your eyes and increase dryness and should be done in moderation for the first few days.
4. By the first morning after your LASIK procedure, your vision and comfort level will improve dramatically, however it will not be perfect.
5. **Do not rub your eyes.** Small children and pets are notorious for poking eyes and great care should be taken around both.
6. Patients may shower the next morning but avoid having the shower spray directly at your eyes. It is also important to avoid getting shampoo in your eyes.
7. Eye make up should be avoided during the first week.
8. During the first week avoid exercise or sports, dusty or dirty environments and swimming in a pool. Wait one month prior to any contact sports, or swimming in a lake, ocean or entering a hot tub.
9. Symptoms of visual fluctuation, blurriness, dryness and night glare are very common during the first month and typically clear over 3-6 months as the eyes heal.
10. It is important to remember that everyone heals differently and has different prescriptions therefore do not compare your results with others. Your Optometrist will monitor your progress and will keep the clinic informed every step of the way.
11. It is important to follow your recommended eye drop regimen, post-operative instructions and attend all your scheduled eye doctor visits.

BEFORE YOUR PROCEDURE:

1. Please ensure that you do not wear your contact lenses prior to your procedure, two weeks for soft contact lenses and 1-3 months for rigid gas permeable lenses.
2. You will need to book your procedure day and the following day off of work (this may vary based on occupation).
3. Have your prescription filled **prior** to your procedure day and bring your eye drops with you on your procedure day.
4. Please bring your informed consent, although we ask you to sign the document at the clinic and our staff will witness your signature.
5. Ensure that your day one appointment is arranged with your eye doctor.
6. Arrange for a driver for your procedure day and for your day one appointment.

ON YOUR PROCEDURE DAY:

1. Please wear comfortable clothing. Avoid sweaters (preferably a button down top/shirt that is lint free).
2. Do not wear eye make-up of any kind, and avoid any moisturizing face cream.
3. No perfume or cologne on the day of your procedure.
4. You should eat prior to your arrival and take any medications as you normally would (please advise our prep staff of any medications you may have taken on the day of your procedure).
5. We will advise you of your arrival time one week prior to your surgery day and we ask that you arrive at the time provided which is NOT your actual procedure time. In general, while the procedure itself takes less than 15 minutes for both your eyes, patients should plan on being at the clinic for 1-2 hours on their procedure day for pre and post-operative preparation.
6. You will require a driver to take you home and you will not be permitted to leave until your driver arrives.

POST-OPERATIVE EXAMINATION APPOINTMENTS:

It is very important that you see your eye doctor for the following post-operative appointments:

- Day 1 *(you will need a driver for this visit)
- Week 1
- Month 1
- Month 3
- Month 6
- Month 12

You may require more frequent visits if your eye doctor is monitoring you for changes or if you require an enhancement procedure.

Most patients have stable vision after 1 month, however patients with higher or more complicated prescriptions may take 3 months or longer. Enhancement procedures to improve the final visual result are performed in a very small percentage, usually those with high prescriptions or unusual healing patterns. Your eye doctor will ensure you are visually stable before scheduling an enhancement, usually between 3-6 months.

It is not uncommon for patients to be referred back to the clinic during their recovery for consultation or additional testing. If this should occur, do not be alarmed.

You should not experience any severe pain following your procedure, however any sudden increases in pain or decreases in vision during the first few days should be reported to your eye care professional or a Clarity Refractive Centre doctor as soon as possible for evaluation.

EMERGENCY after hours contact number _____

After hour calls are for EMERGENCIES only – your call will be triaged to our on-call doctor. If not urgent, please call during office hours (9am – 5pm) or contact your Optometrist.