

# LASIK Post-Op Instructions

- 1) **Do NOT rub your eyes.**
- 2) Wear the sunglasses provided while sleeping for 1 week to avoid accidentally rubbing your eyes while sleeping.
- 3) Try to sleep 10 – 12 hours the first night after surgery.
- 4) Continue using Advil or Ibuprofen 400mg 3 times a day on the day of the procedure. Take with food and a large glass of water. *Do NOT wake up to use.* **Do NOT take if you have any allergies to Ibuprofen or Advil. Do NOT take if you have stomach and/or intestinal bleeding problems.**
- 5) Do NOT let the shower spray hit your eyes.
- 6) Call Dr. Odrich for any emergency at **(646) 249-2800**.
- 7) No swimming, watersports, hot tubs or Jacuzzi use for **1 week**. After 1 week you must wear goggles for **8 weeks** after your procedure. Any ocean sports including swimming, diving, surfing and/or windsurfing wear protective goggles for **6 months**.
- 8) Wear protective goggles for **6 months** for any and all contact sports
- 9) Do not use any eye make-up for **1 week**. Do not put anything in or near your eyes during the 1<sup>st</sup> week unless directed by Dr. Odrich.
- 10) The day after the procedure you may pull your lid away from your eye and use a moistened cotton ball to wipe away any debris on the eyelids.
- 11) Red spots on the white part of your eyes are **normal**, especially under the lid.
- 12) It is very normal for the vision to fluctuate and change within the day, from day to day, from eye to eye and from light to dark conditions. **This Is Normal.**
- 13) It is very normal for the discomfort in your eyes to be different from one eye to the other. It may be more noticeable on one eye. **This Is Also Very Normal.**

## **\*Starting After You Return Home From Your Procedure:**

**Eye drops should be used ONLY IF YOU ARE AWAKE. It is not necessary to wake up to put in your eye drops.** Shake all the bottles before use.

- Antibiotic drop, Tan or White Top, White or Tan Label (Ciprofloxacin/Ofloxacin/Gatifloxacin) “Clear Drop”  
**1 drop 4 times a day in the procedure eye(s) for 1 week**
- Steroid, White Top, Pink or White Label (Pred Forte, Prednisolone Acetate) “Milky Drop”  
**1 drop 4 times a day in the procedure eye(s) for 1 week**

Wash your hands before using your eye drops. To insert the drops **gently** pull down on the lower eyelid and insert in the pocket created. **Gently** release the lower lid. Make sure not to touch your eye to the bottle tip. Close your eyes for 30 seconds after putting in the drops.

\*If your surgery was in the late morning or the afternoon you may not have enough time to put in all sets of the drops, **Don't Worry.** Put a set of drops in before your nap and another set after waking. **Don't wake up just to use the drops.** Start the schedule on the next full day after your procedure.



## UVA LASIK

Please contact Dr. Odrich at **646-249-2800** if you have any questions regarding your procedure.

Forms and instructions may also be found at: [www.UVALASIK.com](http://www.UVALASIK.com)

Rev 01/02/18