

Capital Eye Consultants

John C. Baldinger, M.D.

LASIK Pre-Procedure Care

- Contact lenses:** Discontinue contact lenses as directed by your doctor.
- Eye Drops:** Have your prescription for post-operative antibiotic eye drops (Vigamox) filled. Put one drop in each eye the night before surgery and one drop before leaving home for surgery. **BRING THE DROPS WITH YOU TO THE SURGERY CENTER ON SURGERY DAY.**
- Clothing/Makeup:** Comfortable, loose-fitting clothing is recommended.
No make-up should be worn.
No hair spray.
No perfumes, cologne or aftershave.
No jewelry.
- Diet:** There are no dietary restrictions.

LASIK Post-Procedure Care

Start your drops any time within six (6) hours of the procedure. When putting Vigamox and Pred Forte in your eyes, it is best to separate the drops by at least one minute to avoid washing out the first drop with the second.

- Eye Drops:**
- Antibiotic **Vigamox. (Generic moxifloxacin OK.) Protects against infection.**
Use one drop (1) drop every 2 hours for the first 24 hours after surgery, while awake.
For the next 6 days, use 4 times a day
- Steroid: **Pred Forte. Relieves inflammation. *SHAKE WELL***
(Generic prednisolone OK)
Use one (1) drop every 2 waking hours for the first 24 hours and continue to use every 2 hours while awake for the next 6 days.

After using Vigamox and Pred Forte, wait an additional 15 minutes before using lubricant (artificial tears).

- Lubrication:** Artificial tears (preservative free) are provided for your comfort. Use 3-4 times a day for two weeks. If eye dryness or irritation persists, increase frequency of lubricating drops.

Protection: DO NOT RUB YOUR EYES FOR ONE FULL WEEK. Protective eye shields should be worn for 5 nights while sleeping. Sunglasses should be worn as needed for comfort.

Activities: Please follow these general guidelines unless otherwise specified by your doctor:

- √ Rest and relax after surgery for at least 4-5 hours.
- √ Avoid eye make-up for 1 week (removing eye make-up requires rubbing).
- √ Avoid dirty environments for 4 days.
- √ No swimming, water sports or hot rubs for one week.
- √ When showering or washing your face, avoid getting water in your eyes.
- √ No driving until permitted by your doctor.

Expectations: It is normal for your vision to be blurry and fluctuate for the first few days and to gradually improve over the next 6 weeks. Complete visual recovery takes at least 3 months.

Your eyes may sting and tear for the first day. Lubrication and time will improve your comfort. Tylenol, Advil or other pain relievers that agree with you may be taken, if necessary. Initially, your eyes may be red and your lids may be slightly swollen.

Reading may be difficult initially. If you are over 35, over-the-counter reading glasses may suffice until your vision has stabilized. Then, prescription readers may be considered, if necessary.

Please remember that everyone heals differently. Your progress will be monitored at regularly scheduled visits to your optometrist.

Purpose of Visits: Day 1. Check the corneal flap.
One week. Check vision.
Months 1 and 3. Check for visual outcome.
Month 6. Check visual stability of the eyes.
Month 12. Final check-up.

