



TLC AFFILIATE

Post-Operative Instructions for LASIK

You may experience burning, irritation and blurry vision immediately after your procedure, which could last 2-3 hours.

*After your 2 hour nap you will start your eye drops.

*Always wait 5 minutes between drops

1. Zylet Drop- 1 Drop in Right/Left Eye 4 times a day for 7 days

WAIT 1 HOUR AFTER YOUR NAP TO START ARTIFICIAL TEARS

2. Artificial tears (clear bottle with a white cap) - Use EVERY HOUR for the first day (while awake), then EVERY 2 HOURS until the bottle has finished.

* If you experience any discomfort you may take Ibuprofen, Aleve or Tylenol (Follow the instructions listed on the medication bottle)

After Surgery Instructions:

*Goggles will be placed over your eyes immediately after your procedure. You will need to wear these goggles ALL DAY and the night of your procedure. Continue sleeping in them for 7 more nights.

*Keep all foreign matter out of your eyes for the first 2 weeks. Otherwise you greatly increase the risk of infection. (NO WATER IN THE EYES, no pool, sauna, beach or hot tubs).

*Resume face/hair wash Friday night. PAT EYES DO NOT RUB

*Wear sunglasses when you are outdoors as you may be sensitive to bright light until your eyes heal.

*Wait 3 days after surgery to go back to your LIGHT workout routine. You can resume walk, biking and golf after 1 week and all other heavy workouts after 2 weeks.

Next Appointment: _____

If you experience a sudden decrease in vision or severe pain please call the office at (561) 981-8400 or call your surgeon Dr. Richard Cohen on his cell at _____ or Dr. Joshua Cohen at _____