

INTRALASIK POST-OP INSTRUCTIONS

- Upon arriving home instill 1 drop of Systane lubricating drops, Ofloxacin (antibiotic) and Prednisolone (steroid) drops then take first sleeping pill. After awaking from nap remove shields again to instill another drop of Systane lubricating drops, Ofloxacin (antibiotic) and Prednisolone (steroid) drops. Before returning to bed take the second sleeping pill and re-tape shields.
- Patients should expect their eyes to feel scratchy the first night and may experience excessive tearing and stinging or feel like they have an eyelash in their eye. Using lubricating drops will help make you feel more comfortable. You should feel better the next morning and have functional (but not perfect) vision within 24 hours.
- You may use an over the counter pain medication (Tylenol, Advil, ect.) for any mild irritation following surgery. Please report any significant pain or excessive irritation immediately.

EYE DROPS	HOW OFTEN?
Zymaxid/Ofloxacin (Prescription Provided)	1 drop 4 times a day for 7 days.
Pred-Forte/Prednisolone (Prescription Provided)	1 drop 4 times a day for 2 weeks then, twice a day for 2 weeks.
Systane Lubricant Drops Preservative free (Over-the-Counter)	1 drop every hour for 7 days then, 1 drop 5-6 times a day for 1 month.

What to expect following surgery

- For the rest of the night, leave the shields on your eyes until morning, keeping them well sealed. Remove them only to use drops then re-tape them. Wear the shields for an additional 6 nights following surgery.
- Do not drive for at least 12 hours. Use your best judgment and drive only when you feel confident about your vision.
- You can take a bath or shower, but avoid getting soap or water in your eyes for three days.
- Wait 3 days to jog or workout and wear safety goggles for contact sports and work if needed.
- Continue to use all eye drops as instructed regardless of how your eyes feel or how well you see.
- To avoid washing out one set of drops with the next, wait at least 2 minutes between applying drops
- For the first week:
 - Travel is not recommended
 - Do not wear eye makeup. When you begin again, remove makeup gently.
 - Be careful around children and small pets.
 - Stay away from water immersion or water sports (including pools and tubs).