

# DURRIE VISION

See a dramatic difference.

**SBK / LASIK**

## Post Operative Instructions

### Post Operative Instructions:

- ✓ Relax the evening of surgery. You may watch TV. Increase activity as your comfort and vision allow. **Do not sleep until bedtime on the day of surgery.**

### Particular Precautions:

- ✓ **Do not rub or bump your eye for 2 months after surgery.** (Use particular caution for the first 2 hours following surgery while your eye is still numb.)
- ✓ You must not attempt to drive until after the 1 day post-op appointment. You may return to work and/or drive when you are confident with your vision and your comfort allows. Remember, your vision may fluctuate for the first several weeks. **Use good judgment.**
- ✓ Be very careful when applying and removing make-up. Your depth perception may be affected.
- ✓ You may bathe or shower with caution. Avoid getting soap or water in your eyes.
- ✓ No swimming the first week, swim with goggles the second week, and resume normal swimming the third week. No water skiing or water sports which may result in impact on the water for one month. Resume other sports or activities using caution to prevent getting hit or bumped in the eye.
- ✓ Wear your shield while napping or sleeping for 1 week following surgery.
- ✓ If you have a bandage contact lens, it should remain in place until you are seen tomorrow. If it should fall out, DO NOT attempt to replace it.

Discomfort may vary. It is usually described as a slight burning or foreign body sensation. Take your normal over-the-counter pain medication. An ice pack placed around the eye may help to relieve the discomfort (20 minutes on, rest quietly for 40 minutes). We recommend using a bag of frozen corn or peas wrapped in a dish towel.

You may experience light sensitivity and/or glare around bright lights. You should protect your eyes from bright sun and wind for 1 month with the use of sunglasses.

**Medications: It is important to follow the instructions on your medications exactly.** Any prescription medication may have severe side effects if used other than prescribed.

Vigamox       Omnipred (\*Shake)       Other \_\_\_\_\_

- ✓ Start one drop in the **RIGHT / LEFT** eye at **12 NOON 5:00 P.M. 10:00 P.M. TODAY.**
- ✓ Tomorrow you will start one drop in the **operative** eye(s) 4 times a day for 6 days.
- ✓ Instill drop in the lower lid away from the flap.
- ✓ Separate drops by 5-10 minutes.
- ✓ Use **Preservative Free Tears (individual vials)** a minimum of 6-8 times per day, or more often as needed for at least 2 months after surgery. These may be refrigerated to help alleviate discomfort.
- ✓ If you are over the age of 40, you may experience difficulty with near/intermediate vision for approximately 4-6 weeks. A dime store pair of reading glasses (+1.50) should be of assistance.

**Your appointment tomorrow is: Time: \_\_\_\_\_ Location: 2<sup>nd</sup> Floor \_\_\_\_\_**

\_\_\_\_\_  
*Patient or significant other signature*

\_\_\_\_\_  
*Counselor signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Time*

\_\_\_\_\_  
Dismissed to \_\_\_\_\_

**If you have a concern and need to speak to a doctor, please call (913) 491-3330.**

*Rev 4/2008*