



LASIK POST PROCEDURE INSTRUCTIONS

What to expect the day of your surgery:

- When you arrive home, take the second Valium tablet and start your eyes drops before taking a nap.
- Try to rest and keep both eyes closed as much as possible and avoid overexposure.
- Following surgery, for the first 4-6 hours your eyes may burn, feel scratchy, tear, feel tired, and have a foreign body sensation. Taking Ibuprofen or Tylenol may help alleviate some of the discomfort. Avoid taking any antihistamines. ex. Benadryl, Tylenol PM, Claritin
- You can expect your vision to be cloudy and hazy like you are under water. Your vision will gradually clear up through the day.
- **DO NOT RUB OR BUMP THE EYE FOR THE FIRST WEEK.**
- Take precautions not to get your eye(s) wet when you shower or bathe for the first week. We suggest using a dry washcloth or hand towel to shield your eye(s) in the shower.
- Take your medications exactly as prescribed by Dr. Benz/Dr. LaCroce

As your eye heals:

- You can expect your vision to fluctuate for several days up to several weeks. Your vision will stabilize over the next few weeks. Your eyes may continue to tear, be sensitive to light, have a foreign body sensation, and glare. Taking all your medications as directed will help relieve any discomfort (see eye drop instructions.)
- Though an eye infection is very rare, during the first week, be careful not to get anything in your eye (including soap and water) and **do not use eye makeup or mascara**. We recommend purchasing new products after surgery.
- Normal activities can be resumed after the first day, except for swimming or using a hot tub. The doctor will advise you when it is safe to resume swimming. Wear your shields or eye protection if you engage in contact sports or any activity where your eye could be bumped.
- During the first week, wear your clear plastic shield(s) while you are sleeping or resting.
- If you engage in any contact sports or any activity where your eye could be bumped, wear your shields or some type of eye protection for one month. Refrain from rubbing your eyes for the first month.
- Protect your eyes from sun radiation with a good pair of sunglasses that provide UV protection. Heavy UV exposure can burn your eyes and cause regression problems any time during the first year.
- It is very important to keep all your post-operative appointments to monitor your progress and the health of your eyes.

Contact our office at 717-767-2000 if you have any change of symptoms or notice a decrease in your vision.