

# POST-OPERATIVE INSTRUCTIONS FOR EXCIMER LASER SURGERY



1. It is best to go home and rest after the surgery. You will feel best if you sleep for a few hours. If you are employed, you may need to take 1-2 days off from work.
2. You may experience some discomfort on the evening of the surgery and possibly over the next few days. There may be a burning sensation and it may feel like sand or an eyelash in your eye(s). These are normal feelings after having refractive surgery.
3. Eye drops are essential to the healing process. Make sure that you use them as instructed. You will be given instructions regarding the use of the provided eye drops during your appointments.
4. Your eye(s) will probably be tearing for the first couple of days. Keep a tissue handy and it is important to wash your hands. **Do not rub your eye(s).** Lubricant drops may relieve irritation.
5. **Driving.** It is recommended you not drive until your vision and balance between the two eyes are good enough. Use your own judgment.
6. Depth perception will be affected if you only had one eye treated. Pay special care in pouring hot beverages and other activities.
7. Your eye(s) may be sensitive to light.
8. UV protection sunglasses must be worn when in bright daylight for the first 6 weeks following surgery.
9. **Bathing.** For one week after surgery, be careful while bathing or showering. Protect the eye(s) from soap and do not spray water directly into your face. It is best to gently pat or wash around your eye(s) with a clean face cloth. Do not apply pressure to your eyelid.
10. Your vision may be quite blurry initially and will fluctuate for several weeks.
11. Reading is acceptable, but if you read or watch television excessively, you may experience eye fatigue. This may be uncomfortable, but does not injure the eye(s).
12. Please do not wear eye make-up for at least 3 days after surgery.
13. If you had only one eye treated and wear glasses, you may want to remove the lens from the operated side. If you wish to have plain glass put in the frame for balance or for cosmetic reasons, most optical stores should provide this service for a nominal fee.
14. Avoid swimming in the ocean or pool and hot tubs for one week. This will decrease the risk of infection.
15. Avoid sports or hobbies where the eye may be accidentally hit for 1 month.
16. **Shield.** You will be given plastic eye shields. We ask that you wear them over the operated eye(s) for 5 nights when you sleep. This will protect your eye(s) from inadvertently rubbing or other trauma when you are sleeping.

**RSVP --** If any symptoms listed occur, call EyeSight Hawaii office immediately.

**R = Redness**  
**S = Swelling**  
**V = Visual Decline**  
**P = Pain**

**If you have any questions, please contact our office and we would be happy to assist you.**  
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