



Pre-Op & Post-Op LASIK Instructions

Pre-Op Instructions for LASIK Vision correction

- Leave soft contact lenses out at least two weeks prior to your surgery and hard or gas-permeable lenses out for at least three weeks.
- Have your prescriptions filled prior to your surgery, but do not use until after surgery.
- Use preservative free artificial tears four times a day for one week prior to your procedure.
- **Do not apply any form of make-up, skin lotion, after shave, scented deodorant, cologne, perfume or body spray the day of your surgery. Non-scented deodorants are permitted.**
- Eat a light meal prior to your surgery.
- Arrange transportation for someone to drive you home after your procedure.
- Your visit will last approximately 1 to 1.5 hours.

Post-Op Instructions for LASIK Vision correction

- There may be variable discomfort in the first 24-72 hours. You may experience excessive tearing and your eyes may feel gritty, as if an eyelash is in them. This is normal and may last up to a week. Using preservative-free artificial tears more frequently may help to relieve these symptoms.
- Keep the plastic shield over your eyes overnight. You can remove the shield the next morning before your appointment. Dr. Fite needs to see you on the day after surgery at our Clinton Twp office. You may return to driving after seeing the doctor on the day after surgery.
- Wear your eye shield when you go to bed for 4 nights after your surgery. This is used to protect the eye when you are sleeping. **DO NOT USE AN EYE PATCH OR PAD.**
- Your vision will be somewhat blurry initially and will fluctuate for the first few weeks. The time required to achieve the best possible vision will depend on the amount of treatment required to correct your eyesight as well as your individual healing process. This can last up to 3 months.
- You may notice light sensitivity and should wear sunglasses when outdoors.
- Avoid reading, watching TV or driving on the day of surgery. Go home and rest, keeping both eyes closed as much as possible the first 6 hours. **DO NOT RUB YOUR EYES.**
- Do not apply any make-up, lotions, or other beauty products around the eye for 72 hours after your surgery.
- Do not swim or enter a hot-tub, steam room, or sauna for 3 weeks after surgery.
- Avoid dusty, dirty, sand and windy environments as much as possible in the early weeks after surgery.
- Broken blood vessels or redness in the white part of the after surgery is common and may take two or three weeks to go away.

MEDICATIONS:

- ALLOW 5 minutes between drops, so that each drop can be absorbed.
- **PRED FORTE** (anti-inflammatory, to prevent swelling)-1 drop in the operated eye(s), 4 times per day, for 5 days. **Shake well before using.**
- **OFLOXACIN** (antibiotic, to prevent infection)-1 drop in the operated eye(s), 4 times per day, for 5 days.
- **PRESERVATIVE-FREE ARTIFICIAL TEARS**-1 drop in the operated eye(s) minimum 4 times a day or as needed for dryness or foreign body sensation for one month.

If you have any questions, please call our office at (586)226-2020



Pre-Op & Post-Op PRK Instructions

BEFORE THE PROCEDURE

- Contact lenses must be removed prior to measuring and testing, and remain out until the procedure: three weeks prior for hard or gas permeable (RGP) contacts and two weeks prior for soft contacts.
- Vitamin C 500 mg-take 1 tablet by mouth, 2 times a day, for 1 week prior to your procedure. Continue Vitamin C for one year post-op.

THE DAY OF THE PROCEDURE:

- There are no restrictions on eating or taking medications.
- Do not use any make-up the day of the procedure. Abstain from wearing perfume, cologne, or aftershave.
- You must arrange transportation for the day of the procedure.

AFTER THE PROCEDURE:

- A bandage contact lens will be placed on your eye(s). Do not rub your eye(s) or you will disturb the bandage contact lens. Should the lens fall out at any time, do not re-insert the contact. Call the office at the number listed at the end of this form.
- You should not drive a car or operate machinery immediately after the procedure, because your vision will be blurry.
- You may bathe/shower as normal, but take caution with soap and water near your eyes.
- Wear the clear plastic shield over the eyes when sleeping until instructed otherwise.

ACTIVITIES:

- You may resume light exercise and activities immediately. Wear impact resistant glasses/sunglasses for the first week. Avoid swimming and hot tubs for three weeks.
- Face make-up may be worn. Avoid eye make up until the bandage contact lens is removed.

FOLLOW UP:

- You will be given a return appointment time to see Dr. Fite the next day after your surgery. Please arrange for transportation to your first post-operative visit.
- Laser vision correction patients are typically seen again from 3-5 days post-operatively. Following this visit, Dr. Fite will determine your appointment schedule and advise you when to return.

VISION EXPECTATIONS:

- The first day after the procedure, your eyes will be feeling better, but are still healing.
- Expect your vision to be blurry initially. You may experience a foreign body sensation.
- With each week, you will experience less dryness.
- Your vision may fluctuate for the first 1-2 months, and you may notice some light sensitivity and/or glare.

MEDICATIONS:

- ALLOW 5 minutes between drops, so that each drop can be absorbed.
- **PRED FORTE** (anti-inflammatory, to prevent swelling)-1 drop in the operated eye(s), 4 times per day, for 7 days. **Shake well before using.**
- **OFLOXACIN** (antibiotic, to prevent infection)-1 drop in the operated eye(s), 4 times per day, for 7 days.
- **KETOROLAC** (to help control pain) 1 drop in the operative eye(s), four times a day for three days.
- **PRESERVATIVE-FREE ARTIFICIAL TEARS**-1 drop in the operated eye(s), as needed for dryness or foreign body sensation.

ORAL MEDICATIONS:

- **EXTRA STRENGTH TYLENOL** (over the counter)-1 tablet by mouth, every 4 to 6 hours, as needed for discomfort.
- **VITAMIN C 500mg**-continue to take 1 tablet by mouth, 2 times a day, for one year after your procedure.

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