

Lasik Post-Operative Instructions

- **Please do not rub or touch your eyes or around your eyes for one week.**
- **Please sleep when you go home for the next three to four hours.**
- **Wear the goggles when sleeping for the next week.**
- **When you wake up use your Zymar and Pred Forte drops. Use them once more before bed. Wait a few minutes between drops.**
- **Starting tomorrow use Zymar and Pred Forte drops four times a day for the next five days.**
- **It is normal for your eyes to be scratchy and blurry, it just means they are dry, and you need more tear drops.**
- **Use Restasis twice a day, morning and bedtime after your procedure, everyday for next several months or until told to discontinue.**
- **The more tear drops that you use, the more comfortable that you will be. Use them at least every two hours and every hour may be helpful.**
- **Wear sunglasses when outside for the next three months. Today you will wear ours, starting tomorrow you can wear your own**
- **You may take Tylenol, Advil or Aspirin for discomfort if needed. The best way to relieve discomfort is to sleep and then to increase the frequency of the teardrops.**
- **Any questions call the office at 847-621-0633. After hours have the answering service page the doctor on call.**