

LASIK: POST-PROCEDURE CARE

Go straight home! Instill **Zymaxid**, **Inveltys**, and **Systane/Refresh** BEFORE your 3-hour nap. Wait at least 1-2 minutes between each eye drop. Do not allow the tip of the bottle to touch the eye.

Burning and tearing is expected in the first few hours after surgery but improves dramatically after a 3-hour nap. FOR COMFORT, STORE ALL DROPS IN THE REFRIGERATOR (**EXCEPT FOR INVELTYS**) FOR THE FIRST WEEK.



Comfort Drop (CD):

Provided on the day of surgery. Use only if needed for discomfort prior to your nap. Follow with a **Systane** or **Refresh** drop. Discard after nap.



Zymaxid (Gatifloxacin):

After Nap: 1 drop 4 times per day for an additional **6 days** (i.e., breakfast, lunch, dinner, bedtime).



Inveltys (Steroid):

After Nap: 1 drop every other hour while awake.

Day 2 through Day 7: 1 drop 4 times per day



Systane Ultra or Refresh Preservative-free vials

1st & 2nd Weeks: Preservative-free vials: **1 drop every 2 hours or more.**

You can switch to bottled Systane after 2nd week.

Use tears for the first few months, even if your eyes do not feel dry. More is better!

POST OPERATIVE EXAM SCHEDULE:

Day 1 post procedure, 1 week post procedure, 1 month post procedure, and as need for up to 1 year.

DO'S AND DON'T'S

- An oral pain reliever may be used for pain relief. Ibuprofen (Motrin or Advil) will be adequate.
- **DO NOT** rub your eyes under any circumstances.
- **DO NOT** wear eye makeup for 1 week.
- Eye Goggles (provided on day of surgery) must be worn at naps and bedtime for 1 week.
- Sunglasses (with 100% UV protection) should be worn when outdoors on sunny or overcast days for 1 week.
- Showers are permitted, avoid getting water in your eyes during the 1st week.
- Stay in a clean environment. Avoid gardening, swimming, hot tubs, and saunas for 2 weeks.
- Exercising is fine, **DO NOT** rub the sweat out of your eyes.
- Avoid direct air to the eyes, such as air conditioning, heating, vents, wind, and ceiling fans.
- Refrain from squeezing your eyes for 1 week.
- Use of a humidifier is recommended at bedtime.
- Hydrate and blink eyes frequently when on computers, cell phones, and while watching TV.
- You can continue contact sports (basketball, football, soccer, etc.) with protective eyewear after 1 week.

Any Questions? Please call Holzman Laser Vision at 855-995-2745

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Systane or Refresh



WEEK 1	AFTER NAP	1 ST DAY POST OP	2 ND DAY POST OP	3 RD DAY POST OP	4 TH DAY POST OP	5 TH DAY POST OP	6 TH DAY POST OP
Zymaxid (Gatifloxacin) TAN CAP	○ ○	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ LAST DAY!
Inveltys <i>Shake Well</i> PINK CAP	EVERY OTHER HOUR WHILE AWAKE	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ LAST DAY!
Systane or Refresh Preservative-free vials	EVERY 1-2 HOURS OR MORE	EVERY 1-2 HOURS OR MORE	EVERY 1-2 HOURS OR MORE	EVERY 1-2 HOURS OR MORE	EVERY 1-2 HOURS OR MORE	EVERY 1-2 HOURS OR MORE	EVERY 2-3 HOURS OR MORE Continue for several months

IF PRESCRIBED:

Restasis/ Cequa/ Xiidra	DO NOT USE	○ ○ 2 times per day	○ ○	○ ○	○ ○	○ ○	○ ○ Continue for 3 months
Eysuvis	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○

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