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POST-OP INFORMATION: LASIK

Immediately after surgery

The first hours following surgery are the most important, as it is during this time that the majority of the initial healing process occurs.

To ensure an optimal outcome and to protect the eyes, we patch both eyes with hard eye shields, with the result that you will not be able to see. We also advise to keep the eyes shut behind the eye shields for this period so that the eyelids may act as a “natural bandage” on the eye. In order to optimize the healing response, we provide a sleeping tablet and recommend taking this upon arrival at home so that you may sleep until the next day when your first visit is due.

All eye medications required until the first post-operative day are applied at the end of surgery by your doctor – there is therefore no need to instill any eye drops until the next morning following your day 1 visit. The early post-operative experience differs from patient to patient. The eyes may be scratchy, tear or burn during the first couple of hours following surgery – this is normal. This is the second reason why we advise you to take the sleeping tablet so that you may sleep during the uncomfortable period immediately following surgery, should this be the case.

Day 1 visit after surgery

Your eyes should remain patched with the hard eye shields after the previous day's LASIK surgery. We will open your eyes during this first follow-up visit.

1. It is important that the corneal flap stays in the correct position. Therefore:
 - Don't rub your eye(s).
 - Don't squeeze or shut your eyes tightly.
 - Use the medical adhesive tape supplied to apply your hard eye shields at night as instructed before you retire at night (for the first week).
2. Use your drops as prescribed:
 - **Exocin** (antibiotic): Use 1 drop every 4 hours (day and night).
 - **Cellufresh** (lubrication): Use 1 drop at least every 4 hours (your vision may fluctuate and your eye(s) may become irritated if you don't use it enough).
 - **Efemoline** (cortico-steroid): Use 1 drop every 2 hours (day and night), or as instructed.
 - This schedule will be modified at your week 1 follow-up visit according to the response on the medication after the first week's usage.
3. The eye(s) may be irritated and scratchy from time to time – use Cellufresh frequently.
4. It is normal for the vision to fluctuate, especially for the first week to 10 days. This amount of fluctuation will decrease with time and stabilize after 3 months – use Cellufresh frequently.

5. Remember:

- No eye make-up for the first week.
 - No swimming or potentially contaminated water in the eyes for the first 6 weeks.
 - No contact sports for 6 months.
 - No eye rubbing for the first year.
 - It's normal and common to notice visual distortions in weak light (haloes and starburst phenomena around lights). This will disappear in time as the vision stabilizes, and are usually resolved by 3 months post-operatively.
 - **If your vision becomes progressively hazy or misty two to three days after surgery**, contact us immediately. In extremely rare cases (less than 1/1000 chance), this may be due to an inappropriate inflammatory response by the eye to the operation and has to be treated as a matter of urgency.
6. If your vision is at the required level and you feel comfortable, you may drive and return to work. Most patients are able to drive and resume their normal everyday activities the first day after surgery. This varies, depending on the level of correction and healing response, and each case should be assessed individually.

Week 1 visit after surgery

1. **Exocin:** Stop if not already depleted.
2. **Cellufresh:** Use at least every 4 hours until you visit us for your Month 3 follow-up.
3. **Efemoline:** Your weekly change will be on every Friday (if you were operated on the Thursday). Our usual routine is to prescribe these drops for a total of 6 weeks, after which you will go without using drops for another 6 weeks, unless otherwise instructed:
 - Week 2: 4 hourly
 - Week 3: 6 hourly
 - Week 4: 8 hourly
 - Week 5: 12 hourly
 - Week 6: Once a day
 - Week 7: StopWe found an extremely low need for secondary enhancement surgery when this routine is followed.
4. After this, you will need to visit us again for your final 3-month post-operative follow-up.
5. **Remember:**
 - You may now sleep without the hard eye shields, unless instructed otherwise.
 - Still no rubbing.
 - Still no swimming until week 6 post-operatively.
 - You may start participating in non-contact sports again. Use protective eyewear when necessary.
 - Ladies: You may start wearing make-up again. Be careful with application and removal by refraining to apply direct pressure to the eyeball. Upon removal, stroke the eyelid in the one direction while looking in the opposite direction when cleaning the eyelid margins. Gently stroke from top to bottom – the hinge of the flap is at the top – rather than horizontally to ensure stroking the eyelid so that you stroke from the fixed to the loose end of the flap.