

Post-op Instructions following Laser Vision Correction (LVC) Surgery

Patient Name _____

Your next appointment is scheduled for _____ at our
_____ office.

- You are to use the following drops in the treated eye(s). When using your drops, separate them by 5 to 10 minutes.
 1. An **antibiotic eye drop**: (Zymar/Vigamox), 4 times daily to the treated eye until directed otherwise. The first drop has been given once today following your treatment. You may give yourself the second drop when you get home today.
 2. An **anti-inflammatory drop**: (Pred Forte/Omnipred), 4 times daily to the treated eye until directed otherwise. The first drop was placed in the eye following your treatment today. You may give yourself the second drop when you get home today.
 3. **Preservative-free artificial tears**: (Bion Tears, Bausch & Lomb Dry Eye Therapy, Systane, etc.) every 30 to 60 minutes while awake. Do not use any tears with screw top as they are not preservative-free.
 4. If you were using eye drops prior to surgery, continue them as instructed in addition to the above drops.

- Take Extra Strength Tylenol, Ibuprofen or aspirin as directed on the bottle every 6 hours for pain as needed.
- If you experience any discomfort in the treated eye(s), use ice compresses to relieve pain every 30 minutes as needed.
- **DO NOT** rub your eyes.
- If your doctor placed a contact lens and should it fall out, do not replace it.
- No swimming or hot tub use for **2 weeks** after surgery.
- Avoid soap and water around the treated eye for **one full week**. You may clean the eye by dabbing it with warm water on a face cloth or cotton ball.
- Do not wear eye makeup for **2 weeks**.
- No water activities for **one month**.
- While you are healing, please wear a protective eye shield at night through the first week. It is also advisable to wear protective eye wear when participating in sports even after the healing process to avoid eye injury.
- On the day of your surgery, please limit strenuous activity and relax. (It is best to go home and take a nap).

If you have any problems, please feel free to call OcuSight Eye Care Center.

Dr. Tingley at (585) 872-1300

Refractive Surgery Coordinator: Lori Corrigan at (585) 943-7270