



Laser Eye Centers®  
CK Post-Procedure Care



Please begin your eye drops once you arrive at home, prior to your nap. **SHAKE THE BOTTLES PRIOR TO USE.** Wait at least 1 minute between each eye drop. Do not allow the tip of the bottle to touch the eye.

**CK Medications used for the first three days.**

**ZYMAR:**

Antibiotic - To prevent infection.  
One drop four times a day for three days.

**XIBROM:**

Anti-inflammatory - To help with discomfort.  
One drop two times a day for three days.

**PRED FORTE:**

Steroid - To allow for a more gradual healing. **SHAKE WELL**  
One drop two times a day for three days. **SHAKE WELL**

**REFRESH PLUS:**

A lubricating drop which is found over-the-counter in your local pharmacy.  
One drop every 1-2 hours while you are awake.  
You may use these as you find necessary for several months.

**CELLUVISC:**

A thicker lubricating drop, which is also found over the counter. Please use before naps and bedtime and for any mild irritation. You may use these as you find necessary for several weeks to months.

**RESTASIS:**

Your doctor may have prescribed Restasis, discontinue for 48 hours after the procedure, then resume one drop two times per day. If you have dry eye syndrome, you may be on this for several months.

**COLD PACK:**

You may use a cold pack on eyes if needed.  
You can take Motrin or Advil with food to help with irritation.

- ❖ Ladies: No eye makeup at all for 7 days. Please replace your mascara with a new tube. Other eye makeup does not need to be replaced.
- ❖ No swimming or hot tubs for 7 days.

**WHAT TO EXPECT:**

- ❖ Expect mild to moderate burning, watering and irritation during the first 2-3 days.
- ❖ After 1 to 2 days most patients feel well enough to drive and work - others may not.
- ❖ Expect blurry vision during the first month due to the healing process.
- ❖ Expect your visual results in approximately 3 months. However, this will vary depending on your healing process.
- ❖ For some patients, the healing process can be slower. Scratchiness, NOT PAIN, is normal the first few days after surgery.

**Severe pain with CK is very unusual. If you experience this,**

Direct Office Number: **703-556-9155**

Emergency Number is: **1-888-ASK-DOCS**