TLC

Laser Eye Centers®

LASIK 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.

COMFORT DROP: (not pictured above) Your doctor may have given you a comfort drop. Use it only if needed for discomfort, prior to your nap.

ZYMAR:

Antibiotic - To prevent infection.
1st 24 hours - One drop **every two hours while awake.**
2nd 24 hours - One drop **four times a day (at meals and bedtime) for an additional 6 days**.

XIBROM:

Anti-inflammatory - Use one drop **two times a day for two days.**

PRED FORTE:

Steroid - To allow for a more gradual healing. **SHAKE WELL**
1st 24 hours - One drop every **one hour while awake.**
2nd 24 hours - One drop every **two hours while awake.**
3rd Day - One drop **four times a day** (at meals and bedtime) for an additional **7 days**.

REFRESH PLUS:

A lubricating drop which is found over-the-counter in your local pharmacy. During the first week, use at least every two hours. We prefer you use the preservative-free vials during the first week, and then you may switch to **Optive**. These drops should be used at least four times daily for the first few months. To be used even if your eyes do not feel dry. Avoid environmental hazards, which may dry your eyes, such as air-conditioning and heating, vents, wind, and ceiling fans.

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: (not pictured above)

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.

- An oral pain reliever may also be used for pain relief. Ibuprofen (Motrin or Advil) will be adequate.
- Burning and tearing is to be expected in the first few hours, but improves dramatically following a 3 hour nap.

Do not rub your eyes under any circumstances.
Eye goggles must be worn at bedtime for one week.
Sunglasses should be worn when outdoors for at least one week.
Do not wear eye make-up for one week.

- Showers are permitted, but do not get water in your eyes.
- Stay in a clean environment. Refrain from heavy lifting/vigorous exercise for one week. Avoid gardening, swimming, hot tubs, etc. for two weeks.
- Post-operative exam schedule:
  1 & 7 Day Baseline 1, 3, 6, 12 Month - Stabilization Exams
- **If your vision suddenly becomes blurry or your eyes become painful, or if you have another problem, please call.**

Direct Office Number: **703-556-9155** Emergency Number is: **1-888-ASK-DOCS**