

T L C

LASER EYE CENTERS

Surface Ablation Post Procedure Care (EPI-LASIK, LASEK, PRK)

Appointment Time: _____

Eye Drops:

Space each drop application by 2-3 minutes



Pred Forte (bottle with bright pink label, shake bottle before using)

- 1 drop 4 times a day in operative eye for first week after surgery.
- 1 drop 2 times a day in operative eye for second week after surgery.



Vigamox/Zymar (prescription) *Bring with you day of surgery*

- 1 drop 4 times a day in operative eye for 7 days.



Acular/Xibrom- 1 drop 3 times a day for 4 days.

- **Acular**- After vial is opened, place in Ziploc baggie and refrigerate.
- **Xibrom**- fill this Rx if you have insurance, very expensive without.



Lubrication Drops (Refresh, Thera-Tears, Viva, and GenTeal)

- 1st week: every half hour while awake.
- 2nd week: every hour while awake.
- 3rd week: every two hours while awake.
- 4th week: every three hours while awake.

**** Use lubrication drops for 4-6 weeks minimally. You cannot over lubricate!****

Refresh Liqui-Gel (green bottle)- Great before sleeping/napping.

- Do not use until bandage contact lens is removed.

Dilute Anesthetic (green bottle with no label)

- 1 drop up to, but NOT exceeding, 4-5 times a day.

Neurontin (Gaba)- 1 pill three times a day. *Bring with you day of surgery*

Vitamin C-500mg twice a day 1 week before surgery and 3 months after surgery.

****Use a good multi-vitamin & flaxseed oil/omega 3 fatty acid supplement for 4-6 weeks minimally after surgery****

Eye Protection

- Sunglasses - sunglasses are provided to help you avoid rubbing your eyes.
- Eye Shields - plastic shields are to be taped over your eyes anytime you sleep for the first 4 days/nights with the surgical tape provided. After the first 4 nights (but not before) you may sleep in the elastic protective shield for the remainder of the week. Be sure to securely tighten the elastic band around your head.

Activity Restrictions for One Week after Surgery

- Do not rub or squeeze your eyes
- Avoid eye make-up
- Avoid dirty/dusty environments
- No swimming or sports

Expectations

- We will see you the following morning at TLC for your one day follow up. Do not shower until after your appointment. No driving until permitted by your doctor.
- It is normal for vision to be blurry and fluctuate for the first 7-14 days and to gradually improve over the next 4 weeks. The bandage contact lens will be taken off by your eye care provider once sufficient surface healing has occurred (typically 1 week). Complete visual recovery takes at least 3-6 months.
- Your eyes may sting and tear for the first day. Lubrication and time will improve your comfort. Tylenol, Advil or any other pain relievers that agree with you may be taken if necessary.
- Your eyes may be red with superficial blood, which will disappear over 2-4 weeks. Your lids may be slightly swollen initially.
- Normal healing involves some regression (partial return to nearsightedness). Therefore, you are deliberately slightly overcorrected initially to allow for this regression. If regression results in significant nearsightedness, an enhancement may be performed 3-6 months after the initial Surface Ablation procedure. A disposable contact or glasses may be worn, if needed, after 1 week following Surface Ablation until the time is right for your enhancement.
- Reading may be difficult initially. If you are over 35, temporary reading glasses may suffice until your vision has stabilized. Then permanent prescription readers may be considered if necessary.
- Please remember that everyone heals differently. Your process will be monitored with regularly scheduled visits and your management will be decided accordingly.