



The Eye Center of Fort Wayne

321 East Wayne Street, Fort Wayne, IN 46802
(260) 424-5656 Fax: (260) 424-4511
www.drparent.com

J. Rex Parent, M.D.
Gregory F. Zink, O.D.
Paul A. Gill, O.D.
James E. French, O.D.

LASIK POST-OPERATIVE INSTRUCTIONS

1. You will need someone to drive you home on the day of your procedure. If you do not have a driver, the procedure will not be performed. Go home and put in a set of drops: Tears (wait 5 minutes), then Zymar (wait 5 minutes), and then Pred Forte. Lie down and rest **keeping both eyes gently closed for four (4) hours immediately following the procedure, and do not rub your eyes.** Resting will help your eyes heal faster.
2. You will have spectacles placed over your operated eye(s) when you leave the office. You will wear the provided goggles when you close your eyes to rest for four hours. After the four hours, you may remove the goggles, however, we do require you to wear them at bedtime for the next three (3) consecutive nights.
3. Sleep on your back the night of the surgery and wear your safety goggles.
4. Wear your sunglasses for the first 24 hours after surgery, inside and outside of the house.
5. Bring your drops the next day to your post-op visit. Before instilling the drops, wash your hands and shake the bottles before using.
6. Do **not** rub your eye(s) for one month after the surgery. Rubbing your eye will increase the chance of dislocating the corneal cap. For the next 1-2 years you should take special care to protect your eyes. If you are going to be participating in any potentially harmful activities (i.e. racquet sports, cutting wood, basketball, mowing the yard, etc.), always protect your eyes with industrial or safety glasses.
7. Try to avoid getting anything in your eye(s). You should not wear eye makeup for at least seven days after surgery. Be careful when removing eye makeup to only apply minimal pressure the first few weeks after surgery. You may shower, but be careful not to rub your eye(s) vigorously if you get soap in them. For the next three week please avoid swimming in pools, lakes, and Jacuzzis to prevent infection.
8. Your eyes will be very dry the first 3 weeks to 6 months following surgery. You may need to use artificial tears as often as every 30-60 minutes. It is normal to see halos at night postoperatively. The halos should diminish over the next three to nine months.
9. It may take up to **six months** after surgery to reach your best, uncorrected vision. During the healing process, **your vision may fluctuate and one eye may heal faster than the other eye, therefore, your vision will not be exactly equal.**
10. If you are over 40 years of age, reading glasses will be needed after LASIK is performed.
11. You may experience redness of the eyes right after surgery that could last up to 3 weeks following surgery.
12. Dr. Parent recommends you purchase sunglasses with UV protection to wear outside for the next year.

Patient Signature _____ Date _____

Witness Signature (relationship) _____ Date _____