

LASIK/ PRK Post-Op Instructions for Dr. Shawn Klein



1. Keep your eyes closed as much as possible for the 24 hours after surgery.
2. It is normal to have some foreign body sensation until flap seals down and smooths out. **DO NOT RUB YOUR EYES.**
3. Protect your eyes. Have something in front of your eyes, especially around kids or dogs. Wear the goggles to bed for the first week.
4. Medications should be used as follows unless otherwise indicated:

Pred Forte: 1 drop every hour while awake. Shake before use.

Artificial Tears: 1 drop every hour while awake.

Acular/Voltaren: 1 drop four times per day

Zymar/Vigamox: 1 drop four times per day.

Tylenol or Motrin as needed for discomfort.

No drops should be used within five minutes of each other.

5. It is normal to have sun sensitivity, especially initially.
6. One eye heals faster than the other. There is no way to know which will first. They will both eventually heal. Resist the urge to compare them.
7. Your eyes are drier than you can feel because we cut the nerves that supply the sensation of dryness so use tears every hour as directed.
8. For the first couple of weeks and especially for the first 2-3 days, the vision is going to fluctuate as healing occurs. The vision may be better in morning then worse in the afternoon. It may be worse one day and better the next.
9. You may shower the day after surgery. Be careful not to get soap or water you're your eyes for the first week. Do not wear eye make-up for one week. Swimming can be done 1 week after surgery. Mild exercise can be done two days later if you are not told otherwise by your doctor.
10. For emergencies, contact Klein & Scannapiego PA MD at 908-289-1166. Decreasing vision, increasing pain, or excessive foreign body sensation may constitute emergencies. If a contact lens has been placed in your eye, do not try to replace it.
11. Your next follow up appointment is scheduled for: _____

For PRK

12. Use your pain medications as directed; alternating between Tylenol with Codeine and Ibuprofen may be beneficial unless you have a medical condition which restricts your use of such drugs.

13. It is OK if your contact lens falls out. This by itself does is not necessarily an emergency.