

## Wang Vision Institute Post-operative instructions

The following is generally true for all our surgical patients:

- ⌚ Wear “sunglasses” after surgery until after your post-operative visit with Dr. Wang
- ⌚ Wear eye shields while sleeping for the first 3 nights after LASIK. This is MANDATORY to prevent damage to the healing flap.
- ⌚ No running, jogging, lifting weights, or playing sports for 5 days following the procedure.
- ⌚ Treat your eyes carefully in the shower for the first 5 days. Keep your eyes closed when the water runs over your face, and avoid hard scrubbing. If you wish, you may wear your goggles for extra protection.
- ⌚ Keep eyes closed all day on surgery day
- ⌚ Do not rub or touch your eyes AT ALL on the day of your surgery. No rubbing or pressing on the operative eye for 2 weeks. For the following month, continue to rub your eyes as little as possible. This will allow them to heal safely.
- ⌚ No facial make-up for 3 days and no eye make-up for 1 week
- ⌚ No hair coloring for 1 week
- ⌚ No swimming, tanning beds or hot tubs for 2 weeks
- ⌚ No alcohol consumption the night before or after surgery

**Post-operative prescription drop schedule:** Dr. Wang’s “No Touch” technique: Lie down with eyes closed. Place the drop in the area between your eye and your nose. Then open your eye and allow the drop to flow inside. Space all drops 5 minutes apart. Keep all eye drops (tears, medications) on ice in the refrigerator. If you refrigerate the drops beforehand, you will experience a coldness that will assure you that the drop was instilled.

Medicines	Conventional Blade LASIK	Bladeless LASIK	PRK, PTK and CK
<b>Lotemax, Pred Acetate, Pred Forte, FML</b>	1 drop in operative eye every 4 hours for the first 3 days while awake	1 drop in operative eye every 8 times for the first 5 days while awake	No Steroid is typically used.
<b>Quixin, Ciloxan or Ocuflax</b>	1 drop in operative eye every 4 hours for the first 3 days while awake	1 drop in operative eye every 4 hours for the first 5 days while awake	1 drop in operative eye every 4 hours for the first 5 days while awake

### **Post-operative lubrications drop schedule**

Non-preserved drops (such as Moisture Eyes, TheraTears, Refresh Plus artificial tears): Plan on using these soothing drops at least every half hour to every hour for the next 3 months. They relieve post-procedural dryness (which can blur vision) and assist the cornea in healing. **DO NOT** substitute with artificial tears containing preservatives of any kind for at least 1 week after surgery.

1. 4 times an hour for the first week while awake
2. 3 times an hour for the second week while awake
3. 2 times an hour for the third week while awake
4. 1 time an hour for 3 months

### **Common post procedural symptoms**

1. Discomfort is not unusual on the day of your procedure. You may take Tylenol every 4-6 hours as needed for discomfort.
2. Cloudiness or a white haze, as if you are “looking through Saran wrap” is normal for the first 12 to 24 hours. Vision grows steadily clearer as the corneal swelling disappears.
3. Daily fluctuation in vision and varying amounts of dryness of you eyes are normal, especially during the first three weeks after surgery. You may not feel dry but your vision may be significantly affected by dryness nonetheless – use lubricating drops!
4. Redness and tenderness of the eyes or eyelids, or a “bloodshot” appearance, is typical and will diminish after a few days.
5. If you experience significant pain associated with a sudden change of vision or any discharge, please contact our office immediately.