

North Columbus Eye Center

PRK PTK AND EPI LASIK POST-PROCEDURE INSTRUCTIONS

At home following your LASIK procedure:

- Until your follow-up appointment, try to sleep as much as possible with your head slightly elevated
- DO NOT rub, scratch or bump your eye(s)
- You may experience:
 - Burning or stinging for the first few days
 - A gritty or “foreign body” sensation
 - Sensitivity to light
 - Excessive Tearing
 - Slight swelling or puffiness of the eyelid(s)
- To reduce discomfort, keep your eyes closed as much as possible.
- Take precautions not to get your eye(s) wet when you shower or bathe.
- You will be given a prescription for your antibiotic/steroid drops. Take your medications exactly as directed by your doctor.

The next few days following your LASIK Procedure:

- Your vision may fluctuate for the first few days. This will usually stabilize after the first week. Your eyes may continue to tear, have a “foreign body” sensation, and be sensitive to light. Taking all medications exactly as directed by your doctor.
- Though an eye Infection is rare, during the first week, be careful not to get anything in your eye(s) including soap, water, smoke, dust, and do not wear any eye makeup or mascara.
- Do not resume driving until you feel capable of doing so or until the doctor feels you are able to resume driving.
- Normal activities may be resumed after the first week, except swimming, you may not swim for two weeks after your procedure. It is still normal to have “foreign body” sensations, tearing, glare, and sensitivity to light as the eye(s) heal.
- You may exercise normally; perspiration in the eye(s) may sting but is not harmful.
- Protect your eye(s) from sun radiation with sunglasses that provide UV protection. Heavy UV exposure can burn eyes and cause regression problems anytime during the first year.
- During the first week you must wear the clear protective shields/goggles anytime that you are sleeping. This will keep your eye(s) from harm while you are asleep.
- It is important to keep all of the follow-up appointments.

**If you experience pain beyond that described above, or notice a loss of vision PLEASE
CALL**

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