

POST LASIK INSTRUCTIONS

How to use eye drops after LASIK

Apply each different eye drop 5 minutes apart to avoid washing out the previous drop. Start with the preservative-free lubricating drops.



Preservative-Free Lubricating Eye Drops (individual vials):

On the day of LASIK, following your procedure, use these drops every 15 minutes in the corrected eye(s) while awake. For the next 2–3 days, use every 30-45 minutes. Afterward, use every 1-3 hours until further instructed. Think of these drops as a prescription. Your eyes will be drier than they may actually feel. Using these drops frequently will significantly aid in proper healing.



Durezol:

On the day of LASIK, following your procedure, apply 1 drop in the corrected eye(s) every 2 hours while awake. Starting the day after, use 1 drop 3 times a day for the next 7 days.



Zymaxid (Gatifloxacin):

Starting the day after LASIK, apply 1 drop to the corrected eye(s) 4 times a day for 7 days.

How to care for your eyes after LASIK

- Rest your eyes for 3-4 hours after surgery, preferably take a nap
- Wear eye shields the day of and the night following your procedure
- Attempt to keep water, shampoo, and soap out of your eyes when showering or bathing
- Avoid dusty dirty environments for 1 week
- Do not get in hot tubs, pool, lakes, rivers or oceans for 1 week
- Do not rub or scratch your eyes
- Do not wear makeup for 5 days

What to expect after LASIK

You may experience several of the following symptoms:

- Burning and/or stinging
- Light sensitivity
- Foreign body sensation (feeling of an eyelash or sand in the eye)
- Tearing
- Red spots on the white part of the eye
- Fluctuation of vision

These are normal and temporary. However, if you experience pain or blurriness that does not go away or fluctuates, contact Hollingshead Eye Center at (208) 336-8700. If calling after hours, please press “0” for the operator, and they will page a doctor for you.

Important Note: If your driver’s license reads “Corrective Lens Required,” please have it changed.



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EYE DROP SCHEDULE POST LASIK

Each circle represents one drop of medication; e.g., breakfast, lunch, dinner, bedtime

	DAY OF SURGERY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ARTIFICIAL TEARS 	Use 1 drop every 15 minutes while awake	Use 1 drop every 30-45 minutes or as directed	Use 1 drop every 30-45 minutes or as directed	Use 1 drop every 30-45 minutes or as directed	Use 1 drop every 1-3 hours or as directed	Use 1 drop every 1-3 hours or as directed	Use 1 drop every 1-3 hours or as directed	Use 1 drop every 1-3 hours or as directed
DUREZOL 	Use 1 drop every 2 hours while awake	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
ZYMAXID (Gatifloxacin) 		○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○

SPECIAL INSTRUCTIONS: _____



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