

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.



Prednisolone Acetate:

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 4 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.



Hollingshead
Eye Center, P.C.SM

Mark E. Hollingshead, MD

360 East Mallard Drive, Suite 110
Boise, ID 83706
(208) 336-8700

Ryan T. Barrett, MD