



2-in-POST OPERATIVE MEDICATION DROPS

Dougherty Laser Vision is proud to now offer our patients the new Pred-Gati drops for surgery.

This is a unique formulation of antibiotic and steroid drops which have been combined to create the best-in-class option for maximizing visual outcomes.

****Drops are only needed AFTER SURGERY- see post op instructions for details****



CHANGE IN PLANNED SCHEDULE/QUESTIONS

If your plans change, and you need to reschedule please notify us immediately.
If you have any questions, please do not hesitate to call us at **(805) 987-5300**



LASIK *POST-OPERATIVE* INSTRUCTIONS

UPON ARRIVAL HOME

- Take it easy for 4 hours. The relaxation medication we give you will make you tired.

You may resume your normal diet.

- Keep your eyes closed for at least 4-6 hours except to eat, use the restroom or get to and from your car.

EYE CARE AND MEDICATIONS

- Do not rub the eyes for at least 3 months following your surgery. If your eyes itch, notify your eye doctor during the post-operative period visit and a medication will be prescribed.
- You will receive a post-operative bag the day of surgery that will include protective shields. Wear the eye shields provided at bedtime (or when lying down) for 1 week. However, if you sleep on your stomach, you will need to wear the shields for 4 weeks. The shields should rest against the bones of the brow and cheek and not the eyelids.
- Do not wear eye make-up for 5 days. When resuming the wearing of eye cosmetics (mascara, eyeliner) please purchase new products and discard the ones that you used prior to surgery. When removing eye make-up in the first month after surgery, do so without placing pressure on the eye. If you need further instruction, please ask a member of the staff.

It is extremely important for your smooth recovery that you carefully follow your doctor's instructions. Call the office should any concerns arise at (805) 987-5300.

START USING DROPS IN THE OPERATED EYE

2-in-1 Combination Drops:

(The drop kit from our office)

- **Pred-Gati:**
 - 1 drop 3 x day for 1 week, then
 - 1 drop 2x day for 2 weeks.
- **Artificial tears** may be used up to 4 times a day.



OR

2 bottles of drops picked up from the Pharmacy:

- **Besivance** or **Ofloxacin (generic)**: 1 drop 3 times per day 1 for week
- **Pred Forte** or **Prednisolone Acetate (generic)**: 1 drop 3 times per day for 1 week, then 2x per day for 2 weeks.
- **Artificial tears** 1 drop 4 or more times a day

WHEN PUTTING IN EYE DROPS

- Wash your hands before putting in the drops.
- Pull down your lower lid and place the drop in the pocket of the eyelid, holding the bottle tip away from the eye.
- Wait 2-5 minutes between each drop. The order that the drops are put in does not matter.
- You may experience a medicinal taste in the back of your throat after putting in drops; this is normal.



NORMAL THINGS TO EXPECT AFTER SURGERY

- It is normal to experience burning, stinging, and tearing the day and night of surgery. The symptoms may be severe.
- Vision will usually appear particularly blurry for 4-6 hours, and then begins to improve.
- For the first few months you may notice visual fluctuation, particularly when reading, driving and using the computer.
- Glare and halos around lights at night and in low light conditions are normal and usually will gradually subside.
- Your eyes may feel dry for months; use artificial tears to alleviate this.
- You may notice red spots in the whites of your eyes. These are broken blood vessels from the suction ring and are nothing to worry about. These will disappear with time.

ACTIVITIES AND GENERAL GUIDELINES

- Avoid getting contaminated water into your eyes for 7 days. This includes water in bathtubs, swimming pools, hot tubs, Jacuzzi, sauna, and the ocean.
- If you are not experiencing any pain when you wake, you may take a shower before your first post op appointment, being careful not to get water into your eyes.
- Do not sleep with your pets in your bed for 24 hours after the treatment. Laundered bed linens should be placed on your bed.
- Heavy workouts should be curtailed for 2 days to keep sweat out of your eyes. Light exercise is ok.
- Although it is always recommended that you wear protective eyewear for racquet and contact sports, you must wear eye protection for these types of activities for six months.
- Avoid smoky and dusty environments for 2 days (i.e., construction sites, stables, etc.) • We recommended that you wear ultraviolet sunglasses when outdoors.
- If in doubt about activities you can or cannot do, please call our staff.