

## Farsightedness

## Post-op Instructions

- You will need to keep your eyes closed for the first 12-24 hours. No TV, computer, or reading for the first night. You must keep your eyes closed as much as possible for your eyes to heal after your procedure. A 4-hour nap is recommended when you get home from your procedure.
- You will need to wear protective goggles for the first 24 hours after surgery, then after you are seen for your one day post-op you will need to wear them when you sleep for 1 week.
  
- **Eye Drops**
  - **Quixin or Vigamox (tan cap):** You should receive a prescription on your exam day. Shake well; use 1 drop in each operated eye 3 times a day for 7 days eye following surgery.
  - **Econopred Plus or Lotemax (pink cap):** We will give this to you on the day of surgery. Shake well; use 1 drop in each operated eye 8 times a day (every two hours while awake) for 3 days then 4 times a day for 4 days following surgery.
  - **Artificial Tears (preservative free):** We will give you a sample box on the day of surgery so you will know what you will need to buy. Place 1 drop in each operated eye at least every 1-2 hours for the first 2 weeks after surgery, then use 6-8 times daily and when eye(s) feel dry.
  - Wait at least 5 minutes between all drops to let each be absorbed by the eye.
  
- **Activity Limitations**
  - **Do not** take any Vitamin C or Chondroitin supplements for 2 months following surgery.
  - **No** swimming or hot tubs for 3 weeks after surgery.
  - Nothing that makes you sweat for 1 week (strenuous exercise) after surgery.
  - When showering, do not let the force of the spray hit you directly in the eyes for 1 week after surgery. Do not let bath water splash in your eyes for 3 weeks after surgery.
  - **No** snorkeling, scuba diving, or rock climbing for 1 month after surgery.
  - **No** riding motorcycles for 3 weeks after surgery.
  - Wear protective sport goggles for high-risk sports (soccer, basketball, football, etc.) for 3-6 months after surgery.
  - When mowing the lawn wear something over the eyes (sunglasses, safety glasses, etc.) for the next year.
  - **You will need to wear wrap-around sunglasses every time you are in the sun for the next 2 MONTHS!**
  
- Do not use any eye makeup or foundation around eyes for 1 week after surgery. After that time start with a fresh, new eyeliner and mascara.
- Redness or bruises on the whites of the eye may be present and are normal after the surgery.
- **DO NOT RUB EYE(S) FOR AT LEAST 1 MONTH AFTER SURGERY!**
- Should you have a noticeable decline in your vision, pain or any other concerns, please contact us.
  - Acuity Laser and Vision Center (570) 504-1530 enter option 2
  - If no answer, call Carbondale office (570) 282-2000 enter option 2
  - If unable to reach anybody, page (570) 670-0097 or call (570) 281-1030