

Nearsightedness

Post-op Instructions

- You will need to keep your eyes closed as much as possible for the first 12 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 strongly recommended when you get home. Upon awakening or 4 hours after the procedure begin using the medicated eye drops as directed. Do not use artificial tears the day of surgery.
- You will need to wear protective goggles or sun glasses for the first 24 hours after surgery, and then after you are seen for your one day post-op you will need to wear goggles 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 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 4 times a day for 7 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 or shower 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 eyewear at all times when you resume riding.
 - Wear protective sport goggles for high-risk sports (soccer, basketball, football, etc.) for 6-8 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 TWO 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