



www. WoodhamsEye.com
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INTRALASE Post Operative Instructions

What To Expect

- ✓ Post-operative discomfort after INTRALASIK varies from patient to patient. The most common complaints are **tearing, runny nose, burning, stinging, scratchiness, mild swelling and redness** of the eye.
- ✓ You should take one or two tablets of Darvocet with food within 30-45 minutes after surgery. You may also take over-the-counter Ibuprofen or Acetaminophen as needed.
- ✓ You may use lubricating eye drops as often as needed to relieve any sensation of scratchiness.
- ✓ You may take one Dalmane sleeping pill tonight if you are having difficulty falling asleep.
- ✓ Your eyes may be sensitive to light for several weeks after surgery. Wearing sunglasses is usually sufficient to relieve any discomfort.

What To Do

- ✓ It is important that you keep your eyes closed as much as possible for the first four hours after surgery, even during your ride home.
- ✓ Now that surgery is over, you should relax and have something to eat and drink.
- ✓ Take your pain medication as directed, begin your eye drops using the instructions stated below, and try to take at least a 2-4 hour nap.
- ✓ When you wake up from your nap you may resume your eye drop schedule as directed.
- ✓ Wear the eye shield all day today and at night or when napping for 3 days following your surgery.
- ✓ You may not drive or operate machinery for the rest of the day.
- ✓ You may take a shower tomorrow. Do not get water from public places in your eyes for two weeks (i.e. swimming pools, lakes or hot tubs). Avoid perspiration in your eyes for two weeks. You may use eye makeup four days after surgery (purchase new mascara and clean all brushes).
- ✓ You may begin your regular exercise routine tomorrow.
- ✓ Your follow-up appointment is tomorrow at _____.
- ✓ Do not rub, scratch or hit your eye during the healing process.
- ✓ **Contact us immediately if you develop any of the following:** Deep, boring pain in the eye itself; a pus-filled discharge; sudden appearance of dense, floating specks; bright flashes of light; a ‘curtain’ off to the side, or any sudden, dramatic change in visual acuity.

Eye Drop Instructions

Wash your hands before use. Wait at least one minute between each drop!



	Zymar	Pred Forte	Acular PF	Lubricant
Today After Surgery	Every TWO hours while awake	Every TWO hours while awake	Every TWO hours while awake	Liquigel every ONE hour while awake and as needed
Tomorrow and for the Next Six Days	FOUR times a day (Breakfast, Lunch, Dinner, Bedtime)	FOUR times a day (Breakfast, Lunch, Dinner, Bedtime)	NO	Liquigel or Plus as needed