DEL NEGRO & SENFT
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DSeye.com

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POSTOPERATIVE BLADELESS LASIK/PRK INSTRUCTIONS

Diet: REGULAR

ACTIVITY:

1. Go home. Take a nap and keep your eyes closed as much as possible.
2. No driving today, or tomorrow, until cleared by Dr. Senft.
3. Wear sunglasses when outside or other protective eyewear.
4. Wear protective goggles provided when sleeping.
5. You may dab your eyes gently with a tissue, but NO eye rubbing.
6. Avoid anything that would normally irritate your eyes (i.e. dust, smoke, bright lights, etc.)
7. No eye makeup, lotion, or sunscreen for 1 week.
8. It is OK to begin aerobic or isometric exercise tomorrow after you have seen Dr. Senft, but avoid heavy lifting or straining. Always wear protective eyewear.
9. Avoid any sports or activities which could include physical contact with your eyes.
10. No swimming (pools, hot tubs, lake, or ocean) for 2 weeks.
11. You make take a shower, but avoid getting water directly into your eyes.

MEDICATIONS:

1. Vigamox 4 times a day in both eyes while awake.
2. Durezol 1 drop every 4 hours both eyes while awake, 3 times a day.
3. Use preservative free tears every 1-2 hours both eyes. (Keep drops chilled in refrigerator)
4. Use ibuprofen 600 mg every 8 hours for 3 days.
5. If you had PRK, continue vitamin C 1000mg per day for 3 months

It is normal to experience some burning and stinging postoperatively. The preservative free artificial tears should help. It is also normal for your eyes to be very light sensitive. Wear sunglasses outside as needed.

You should be able to see, but it is normal for your vision to be hazy, or blurry. This usually gradually improves throughout the day.

If you have severe pain or sudden loss of vision, you should contact Dr. Senft immediately at 732-774-5566.

Keep your follow up appointment with Dr. Senft tomorrow.

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