

# LASIK: Your Drop Instruction Sheet

**Please follow your drop instructions (LEFT). If you have questions or concerns, please let us know.**

Take a four-five hour nap after your procedure. You may take a sleep aid if you have difficulty sleeping.


Wear your sleep shields while sleeping during your nap and tonight.

Do not drive or operate a vehicle, operate heavy machinery or enter into any binding legal documents for the first 24 hours after your surgery.

Do not rub, bump, or get anything in your eyes for the first four (4) days. This includes swimming. However, you may shower and bathe as normal.

If a contact lens has been placed on one or both of your eyes, do not remove. Your doctor will remove it at your follow-up visit.

Your vision will be blurry when you leave. You can expect it to improve in the next 24 hours. Your vision will fluctuate over the first few weeks.



**ZYMAR (Prescription)**


**Today:**

**1 drop before nap**

**1 drop after nap**

**1 drop before bed tonight**

*1 drop 4 times a day for 5 days OR until advised to stop by your eye physician*



**XIBROM (Prescription)**

**For today:**


**1 drop before nap**

**1 drop before bed tonight**

*1 drop 2 times a day for 5 days OR until advised to stop by your eye physician.*



**Artificial Tears (Refresh Plus)**  
(Over the counter) For today, use every hour while awake. use **4-8** drops a day for 1st week. 4 times or as needed up to the 3-month check-up. Other brands: Systane, Theratears, Refresh or Visine Artificial Tears.



**Celluvise**  
(Over the counter) Apply inside lower lid at bedtime for 1 to 3 months or until advised to stop.

## PATIENT COPY

**Your follow-up appointment is scheduled for tomorrow at \_\_\_\_\_**

**(unless otherwise specified by your doctor).**

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Staff Signature**

**Office Number: 373-0300 or 800-226-8875**