

Your LASIK After-Care Guide



Follow this plan for a smooth recovery and the best possible results.

This guide covers your medications, what's normal, and when to reach out.

1 Right After Your Procedure



Getting Home

- Driver takes you straight home
- Keep eyes closed in the car
- Wear sunglasses for the ride



Rest & Protect

- Try to nap 3–4 hours or keep eyes closed as much as possible
- Sunglasses/shields all day & night to prevent accidental rubbing



What to Expect

- Tearing, burning, light sensitivity for 3–4 hours
- Blurry vision is normal
- Vision improves daily after that
- Red spots on the whites of the eyes are normal



Comfort

- Refrigerate drops to cool
- Cold compress over closed eyes
- If uncomfortable, take over-the-counter pain relief medicine (Advil, Tylenol, Aleve, etc)

2 Your Medications



Pred-Moxi

Prednisolone Acetate 1% / Moxifloxacin 0.5%

DOSE

1 drop, 4 times a day

DURATION

7 days

Breakfast Lunch Dinner Bedtime

Shake well before use. Day 1 begin after your nap.



Optase® PF Tears

Preservative-Free Lubricant Eye Drops

DAY 1

Every 30 min

DAY 2–30

Every hour

Use as often as needed during waking hours for comfort. After 1 month, continue to use 4 times or more daily for 3–6 months.



IF PRESCRIBED

HydroEye Vitamins

4 pills daily for 2 months, for tear production. Begin the day after your procedure; take all at once or split AM/PM with food.

IF PRESCRIBED

Bedtime Ointment

Protects & soothes the eye surface overnight.

3 What to Expect, Day by Day

1

Today

- Rest and relax
- Keep eyes closed while resting
- Start drops after your nap

2

Tomorrow

- Continue drops as directed
- Attend your follow-up visit within the next few days
- Most activities & driving resume

3

Week 1

- Vision continues to improve
- Avoid water in eyes
- No eye makeup

4

Month 1

- Continue artificial tears as needed
- Continue supplements if prescribed
- Avoid rubbing your eyes
- Enjoy your new vision!

Things to Remember

- ✓ Do not rub your eyes
- ✓ Wear sunglasses or shields while sleeping for 7 days
- ✓ Wear sunglasses outdoors
- ✓ Avoid water in the eyes (pools, hot tubs, lakes) for 1 week
- ✓ If monovision, vision may take longer to adjust and adapt

ⓘ A Normal Part of Healing

Mild dryness, irritation, light sensitivity and fluctuating vision are common in the first few days. These symptoms steadily improve.

⚠ Call Us Immediately If You Notice

Severe pain, sudden vision loss, flashing lights, or increased redness. Call/text **1-833-903-2020**.

We're here if you need us

Our team is one call or tap away throughout your recovery.



CALL OR TEXT
1-833-903-2020



PATIENT PORTAL
my.lasik.com/login

Your Personalized Care Additions



Your medical team may recommend one or more additional medications or care steps alongside your standard post-op plan. These additions are tailored specifically to your eyes and healing needs — they do not replace any instructions on the previous page, but work alongside them. Your provider will complete this section, if applicable.

 MEDICATION / TREATMENT	 HOW OFTEN	 HOW LONG	 ADDITIONAL NOTES

Provider Notes
