

**Valley Eye Institute ASC**  
**Post-Operative Instructions**

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

1. You may resume your normal diet.
2. There are specific limitations on activity, please see second page for a complete list.
3. Continue all medications you had been using prior to surgery.
4. Should you experience other problems or have additional questions regarding your surgery, please contact Dr. Stark at (937) 492-3755. After hours, call Wilson Memorial Hospital operator at 498-2311 to reach Dr. Stark.
5. Should you experience other problems or have additional questions regarding your laser surgery, please contact our office during normal office hours.

6. EYE DROPS:

VIGAMOX: this is an antibiotic drop used to prevent infection. INSTILL ONE DROP IN BOTH EYES EVERY 2 HOURS FOR 24 HOURS then four times a day /with each meal and bedtime.

FLAREX: This is a steroid drop used to reduce the inflammation. Use this drop 4 times a day/with each meal and bedtime.

ARTIFICIAL TEARS: this is a lubrication drop for the comfort of the eye. You may use this any time you feel necessary. We suggest you use it as often as every few minutes or every hour.

7. If you need something for discomfort, use Tylenol or Advil as directed.
8. The goggles are in the kit if you would like to wear them to prevent you from rubbing your eyes, but we do not require you to wear them.
9. Your 1 day post-op visit is on \_\_\_\_\_ at \_\_\_\_\_ am/pm in the \_\_\_\_\_ office.

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

Date \_\_\_\_\_

VEISC Representative \_\_\_\_\_

Date \_\_\_\_\_

## POST-OP DO'S AND DON'T'S

1. Do not rub or squeeze the eyes. You may gently dab the eye.
2. Showers are permitted day one but keep eyes closed.
3. TV and other visual activities such as reading are permitted.
4. Driving is permitted when vision allows.
5. Work when vision allows.
6. Avoid yard work for one week.
7. No eye make up for one week, then buy new make up to use to prevent any infection.
8. No swimming for 3 weeks for LASIK patients, and 6 weeks for PRK patients.
9. Avoid harsh environments for 1 week, such as noxious fumes, smoke-filled rooms, or densely polluted areas.
10. Take it easy the first day. Go home and rest.
11. Most of all, keep all post-op appointments and use drops as instructed.