



Taustine Eye Center

Laser Surgery Center

Lloyd R. Taustine, M.D.
Cataract & Refractive Surgery

Brian K. Kritchman, M.D.
Diseases of the Retina & Vitreous

Robert D. Williams, M.D.
Glaucoma Consultation & Surgery

John R. Gleason, M.D.
Comprehensive Ophthalmology

James D. Hurt, O.D.
Comprehensive Optometry

Julie Hogan, O.D.
Comprehensive Optometry

Medical Arts Building
Suite 3334
1169 Eastern Parkway
Louisville, KY 40217
502.458.9004
800.336.3638

Drusilla Professional Building
601 Broadway
Madison, IN 47250
812.265.6535
800.269.5843

4001 Dutchmans Lane
Suite #LLC
Louisville, KY 40207
502.895.1896
800.336.3630

AFTER LASIK

1. Immediately After Surgery:

- a. Go home and rest for the remainder of the day. Take a nap! Go to bed early. We find that patients who follow these instructions do the best. Do ***not*** go out to a smoky restaurant. Avoid athletic activity today.
- b. Most post op discomfort is of a scratchy or foreign body nature. Take Advil or Tylenol. Severe pain is not expected with LASIK.
- c. Do ***not*** rub the eye. Keep the eye dry.
- d. A little redness is common right after surgery. This goes away in a few days.

2. General Cleanliness:

- a. Do not get anything in your eye. Avoid eye make up for at least one week. Discard any previously opened mascara or eyeliner.
- b. Soap and water may be used on the face, but avoid getting it in the eye. Again do not rub the eye.

3. The Next Day After Surgery:

You will be seen one day after surgery. If you have tape or a shield on your eye, it will be removed at this visit. Your eye may be somewhat sore, and the vision may be blurry. These symptoms should improve with time. The redness and irritation will subside in one or two days.

4. The Following Days:

Expect your vision to fluctuate during the first few weeks following surgery. You may experience blurring of your vision in the evenings or light sensitivity. These symptoms and any discomfort you may have will grow less each day. Get plenty of rest.

5. Physical Activity:

Avoid contact or racquet sports for two weeks following surgery. After this time, it is recommended that you wear protective eyewear while playing contact sports or racquet sports. Avoid swimming, hot tubs, sauna or any other contact with possibly contaminated water for two weeks after surgery. You may resume jogging, weight lifting or aerobics three days after surgery, but do not increase your level of exercise for two weeks.

6. Return Office Visit:

Your appointment is tomorrow at _____.

7. Eye Drops:

Start your eye drops today after you have napped. It is important to the success of the procedure that you use your drops as directed by your physician. Before using your drops wash your hands well. Be very carefully not to put any pressure on the eye itself. Do not allow the tip of the bottle to touch your eye or anything else to avoid contamination. If you lose your EconoPred, please call your pharmacy or the office as soon as possible for replacement. Drops should be taken evenly throughout the day (i.e. 4 times a day would be breakfast, lunch, dinner and bedtime). Today use your medicated drops at dinner and bedtime. In the morning begin your drops so that they can be used evenly throughout the day. If you are unsure of your drop schedule, check with the doctor or technician.

Vigamox- this is an antibiotic to prevent infection as your eye heals. Use this _____.

Econopred- this is an anti-inflammatory drop that helps the healing of your eye. Use this _____.

Tears- you may be asked to use artificial tears during the postoperative period. Initially, these must be non-preserved tears, as the preservatives in some artificial tears may interfere with healing.

8. In the event of severe pain or sudden loss of vision, call the office. The office phone is answered 24 hours a day, 7 days a week. That number is **502-458-9004**. Dr. Taustine's home number is 502-327-9096.