

Aftercare following LASIK treatment

AT HOME

- It is advisable to **rest with your eyes closed** or to sleep during the first few hours after the treatment.
- For the first **3 nights** you will have to wear **protective glasses**, which you will be provided with.
- **Avoid rubbing** the eyes.
- Start **applying eye drops** as soon as you get home.
- You **can move around as normal**. Gentle exercise (gym) can be restarted after 1 week.
- Strenuous efforts, and contact sports, swimming (wear swimming goggles) and saunas should be avoided for the first month.
- Do **not wear make-up** during the first 2 weeks.
- If you are in pain during the first 24 hours after the operation you can take 1 tablet of Dafalgan (500 mg) every 6 hours.

EYE DROP SCHEDULE

Trafloxal edo eye drops:	3 x a day for 1 week
Dexamethasone edo eye drops:	6 x a day for the first 3 days 4 x a day for the first 2 weeks
Artificial tear drops:	every 2 hours during the first week, frequently thereafter (e.g. Thealoz, Hylogel, Systane, etc.)

Further information on how to apply eye drops can be found in the brochure entitled 'Eye drops and ointment' at www.uzleuven.be/brochure/700730.

IN THE EVENT OF PROBLEMS, OR IF YOU REQUIRE ADDITIONAL INFORMATION

- You can contact the switchboard on 016 33 23 70 at any time during the day. They will connect you to the ophthalmologist.
- From 18.00 and at weekends you can contact the ophthalmologist on call via the switchboard on 016 33 22 11.