

# Aftercare following SMILE 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 eye.
- Start using **eye drops** as soon as you get home.
- You can **wash your face carefully** the day after the operation. Having a shower or bath is OK, but **prevent water, soap and shampoo from splashing directly into the eye during the first 3 days**.
- You **can move around as normal**. Gentle exercise (gym) can be restarted after 1 week.
- Strenuous efforts, 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:	3 x a day for 1 week
Dexamethasone monofree:	4 x a day for 1 week Reduce by 1 drop per day per week
Artificial eye drops without conservatives, such as Thealoz Duo, Hylo Gel, Hylo-dual (intense), Neovis, Xailin:	1 drop every 2 hours during the first week, frequently thereafter

Further information on how to apply eye drops can be found in the brochure entitled 'Eye drops and ointment' at [www.uzleuven.be/en/brochure/700730](http://www.uzleuven.be/en/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 o'clock onwards and during the weekend, you can contact the ophthalmologist on call via the switchboard on 016 33 22 11.