

**Coal Harbour Eye Centre**  
**2788 – 1177 West Hastings Street**  
**Vancouver B.C. V6E2K3**  
**604-682-4900 fax: 604-682-0707**  
**1-866-682-4900**  
[www.seewell.ca](http://www.seewell.ca)

**Post-operative Appointments**  
**Must be scheduled for:**  
**24 Hours**  
**1 week**  
**1 month**  
**3 months**

**Tomorrow: \_\_\_\_\_**

**Please Note:**  
Your post-operative appointments are very important to the healing of your eyes. Please ensure that you attend each appointment.

**IN CASE OF EMERGENCY**  
**DURING THE FIRST**  
**24 HOURS PLEASE CALL**  
**DR. STEVEN KIRZNER**  
**604-779-7750**

**POST- OPERATIVE**  
**MEDICATIONS FOLLOWING**  
**UNCOMPLICATED LASIK SURGERY**

**MAXIDEX & ZYMAR**

**1 drop of each medication, per eye, every 3 hours (whilst awake). Use for 5 days only**

**ARTIFICIAL TEARS**

**Bion Tears (foil pouch)**

Use for first 24 hours, or until finished.  
Day of surgery – 1-2 drops every half hour.  
Also use as needed when experiencing discomfort.

**Refresh Tears/Gentle**

(use for 3 months)  
1 drop every 2 to 4 hours  
the more the better

**LUBRICATE - LUBRICATE – LUBRICATE!!!**

Shake bottles well before use.  
Wait 5 minutes between using each of the medicated drops. This will prevent the medication from washing out of your eyes.

**Post operative instructions**

- No television, no reading or use of a computer for the first 24 hours.
- For your best recovery, take a 2-4 hour nap after surgery. No driving for 48 hours.

- Medications only to be taken while awake.
- Please **DO NOT RUB YOUR EYES** for 1 week after surgery.
- Wear the plastic shields every night for 7 nights after surgery.
- If pain relief is required, you **may** Tylenol, or similar products.
- If you experience increasing pain or loss of vision, call the clinic.
- **UV Protection**  
For the first week after surgery wear sunglasses anytime you are outdoors.
- **Bathing**  
To avoid getting water in your eyes, we suggest baths for the first **48 hours** instead of showers. It is best to gently pat-wash your face with a clean face cloth. No splashing water in your face.
- Avoid eye make-up for 7 days.
- Avoid Atmospheres that may irritate the eyes, such as smoke, dust, and other irritants for 1 week.