



Patient Name \_\_\_\_\_ Date of Procedure \_\_\_\_\_

1-Day Follow Up \_\_\_\_\_

**nJoy Vision Emergency Contact Number 405.842.6060**

**Healing Symptoms:** The surface of the eye(s) will begin to heal immediately after your procedure. During this time your vision may be blurry and your eye(s) may appear a little red and swollen. The eye(s) may feel scratchy/itchy (similar to having an eyelash in the eye), which may cause it to water and your nose may run. You may be sensitive to bright light. These are all normal symptoms and will disappear within a day or so.

**Discomfort:** Patients may experience some discomfort for the first 24 to 72 hours following the procedure. The level of discomfort varies significantly from patient to patient. If you experience any serious problem or have any concerns, please call your doctor immediately.

**Sleep:** It is best to sleep as much as possible on the day of your procedure as this will promote more rapid healing. Wear the shield(s) when sleeping the first 4 days or nights.

**Sunglasses:** Wear whenever outdoors for UV protection and to prevent injury to the flap(s) for the first week post-op.

**Medication:** If you have not already done so, please fill your prescriptions immediately following your treatment. Be sure to shake the eye drops well before applying to the treated eye(s) and wait 1-2 minutes between using each drop.

Pred Forte	One drop four times daily for 5 days including the day of surgery
Zymaxid	One drop four times daily for 5 days including the day of surgery
Lubricating Drops	Use every 1-2 hours for 1 week, then as needed

**Recovery:**

- + **Do not squeeze or rub your eyes for one week following surgery.**
- + Your vision should improve over a period of 24 to 48 hours after surgery and continue to fluctuate for a few weeks.
- + You may wear eye make-up and return to most of your normal activities 7 days after your procedure. Avoid swimming pools and hot tubs for 1 week; ocean/river/lake water for 1 month.
- + Your focus may vary throughout the day and may take several seconds for objects to become clear.
- + You may have the need to use temporary or permanent correction for tasks such as reading or driving.
- + Finally, it is important to remember that everyone heals at their own pace so please have patience. Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_