



Patient Name _____ Date of Procedure _____

1-Day Follow Up _____

nJoy Vision Emergency Contact Number 405.842.6060

Healing Symptoms: The surface cells of the eye(s) heal during the first 3-5 days after your procedure. During this time, your vision may be very 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. It is normal to experience increased light sensitivity post operatively. These are all normal symptoms and will disappear within a few days.

Bandage Contact Lens: A bandage contact lens will be inserted into your eye(s). It will protect the eye(s) and significantly reduce any discomfort experienced. The doctor will remove the contact lens when the protective layer (epithelium) has healed (usually 3-5 days). If the contact lens falls out at any point, keep the eye(s) closed and contact your doctor. **DO NOT REMOVE and/or REINSERT THE CONTACT LENS IF IT FALLS OUT.**

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 problems or have any concerns, please call your doctor.

Sleep: It is best to sleep as much as possible as this will promote more rapid healing. Wear the shield(s) until bandage contact lens is removed.

Sunglasses: Wear sunglasses whenever outdoors for UV protection.

Medication: 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.

Steroid	One drop 4 times a day x 1 week then 3 times a day x 1 week then 2 times a day x 1 week then 1 time daily for 1 week
Antibiotic	One drop four times daily until contact lens is removed by your doctor
NSAID	One drop two times daily for 3 days including the day of surgery
Lubricating Drops	While awake, use at least every hour until contact lens is removed by your doctor

Recovery:

- + Your vision should slowly improve over a period of 7 - 10 days and may get worse before improving.
- + Avoid swimming pools and hot tubs for 1 week; ocean/river/lake water for 1 month.
- + You may wear eye make-up and return to most of your normal activities the day after the bandage contact lens has been removed.
- + Your focus will likely vary throughout the day and may take several seconds for objects to become clear. Your depth perception may be altered for 7 - 10 days, so take special care.
- + 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 his or her own pace, so please have patience. Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

Patient Signature: _____ Date: _____