

## POST OP DIRECTIONS



**Park Avenue LASEK—ONLY 100% All-Laser, Non-cutting, pure LASEK center in US!**  
102 E. 25<sup>th</sup> St. (& Park Ave. So.) (212) 741-8628  
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### How to Contact Our Office:

Appointment questions/Financing:

Call the Office (212) 741-8628

Prescription questions/refills/transfers

Call/ Text Capsule Pharmacy (212) 675-3900

NON-URGENT medical questions:

Email [medical@ParkAvenueLASEK.com](mailto:medical@ParkAvenueLASEK.com)

Complicated matters or referrals to get your \$100 Gift Card:

Email [admin@ParkAvenueLASEK.com](mailto:admin@ParkAvenueLASEK.com)

URGENT medical questions: M-F between 9am-6pm:

Call the Office (212) 741-8628

Evenings/weekends:

Call Dr. D (347) 739-2216

### How the Healing Process Works & How to Speed Your Recovery:

- **ALWAYS SLEEP AND SKIP MEDICATIONS. TAKE THE MEDS WHEN YOU NATURALLY WAKE UP**
- The skin on top of your cornea was removed during your (epi)LASEK procedure to laser the cornea
- It takes a few days for the skin to grow back – this is why you need a (clear) Bandage Contact Lens (BCL)
- The ONLY time your skin is growing back is WHEN YOUR EYES ARE CLOSED
- **YOU MUST KEEP YOUR EYES CLOSED AT ALL TIME UNTIL THE SKIN GROWS BACK**
- Once the skin grows back, your risk of infection is zero (but this is NOT zero until then)
- If your skin grows back within 1 week, your risk of scarring is very low (but high if this takes longer than 1 week)

### When Can I Start Opening My Eyes?

- Once you have no more discomfort & are seeing well, you know the skin has healed so you can start using your eyes
- By keeping your eyes closed 24/7 for the first few days after surgery, you will accelerate your healing process
- Higher prescriptions, older patients, those with dry eyes, and those who didn't choose epiLASEK will heal slower

### What Am I Allowed to Do for those First Few Days?

- **You can do ANYTHING YOU WANT as long as you can do that WITH YOUR EYES CLOSED** (except swim)
- The ONLY things you should open your eyes for are taking your meds (& eating/going to the bathroom if nec.)
- You MUST WALK WITH YOUR EYES OPEN or you may trip and injure your eyes (& Dr. Chynn's good work)

### Won't I be Bored?

- Too bad. If being bored for a few days is necessary so that you recover properly--then be bored! :)
- We suggest: talking on the phone, listening to music/TV/radio/Podcasts, etc. **WITH YOUR EYES CLOSED**

### Should I "exercise my eyes" the first few days?

- This is a strange question. Would jogging 1-4 days after knee surgery help your healing? This makes no sense!

### What about Sleep?

- **Do NOT wake yourself up to take any meds--just take them when you wake up to MAXIMIZE YOUR SLEEP!**
- **Sleep is the SINGLE MOST IMPORTANT THING YOU CAN DO TO SPEED UP YOUR RECOVERY**
- You should take 1 Valium with an early dinner for the first few days & **go to bed early and sleep a lot**
- Do NOT use a sleep mask as this may dislodge the BCL. You should put in the gel before going to sleep always!
- If you sleep with your eyes partially open you MUST TAPE THEM SHUT BEFORE GOING TO SLEEP

### What will my Visual Recovery be like?

- The Fellow (MD PhD) should have already shown you on the eye chart your vision at day: 1, 7, 14, 30
- Driving: Daytime 5 days and Nighttime 10 days is recommended (This varies by patients and should be discussed with your doctor before surgery)
- You will see close to how you saw in glasses/contacts by 1 week (w. fluctuation & your night vision will lag)
- Your vision will improve slowly, so that by 1 month you should be seeing like glasses/contacts day and night

### **Things that are NORMAL for the first week postop:**

- Irritation, minor discomfort, scratchy feeling, foreign body sensation (bc of BCL), minor redness, watering
- Fluctuating vision, vision that isn't great until you put in the tears, mild double vision, glare/halos around lights

### **Things that are NOT NORMAL the 1st week - if you have this TEXT US A PIC & CONTACT US ASAP:**

- Severe pain, yellow or green discharge, very red eyes, very swollen lids, large decline in vision

### **What to do if the BCL falls out prematurely:**

- If your skin is not healed it will hurt a lot, so you will have to come in, be evaluated, have lens replaced
- It is **NOT SAFE to put the lens back in** as the skin of your eye might be folded up so do NOT do this!
- If it doesn't hurt AT ALL & your vision is normal your skin is probably healed but you **MUST STILL TEXT US**
- **Keep your eyes closed & use artificial tears every hour while awake to prevent the BCL from falling out!**

### **Why do I have to Memorize my PostOp Instructions?**

- Because you will be on Valium, see blurry & are supposed to keep your eyes closed for the 1st few days
- Because we have had patients not do this, mix up their drops, and wind up with a bad result
- Because you cannot/should not rely exclusively on your companion/caregiver to tell you which meds to take
- The White Spreadsheet is just a "cheat sheet"--the colored Pre/PostOp Directions explain things in more detail

### **How to Avoid Pain for the 1st week:**

- Take your Valium at night, take 2 Advil PM with every meal
- If you are pain sensitive/anxious upgrade to the Comfort Package (which includes nitrous oxide in the OR)
- Keep all your drops in the fridge so they are cool & refreshing upon installation
- Keep your eyes closed and lubricated as much as possible & don't rub/squeeze so the BCL doesn't come out

### **Water Exposure:**

- Do NOT take a shower for the 1st 2 days because you will be sleeping in bed the entire time anyway ideally
- On Day 3 you can start to shower but you must face away from the water so it hits the back of your head/body
- You can start to shower normally the day after the BCL is removed, and swim after 14 days

### **Exercise:**

- **MILD exercise by day 3-4 (meaning very non-strenuous things that do not cause you to sweat)**
- **MODERATE exercise after day 7 (meaning things that would make you sweat a bit, no heavy weights)**
- **NORMAL exercise after day 10 (Except contact sports and swimming which is ok after day 14)**

### **Things to Do to Heal/Recover Faster:**

- Put your tears in every hour and close your eyes for 2-3 minutes afterwards (e.g. 3:00, 4:00 5:00)
- Close your eyes for 2-3 minutes every hour on the half hour (e.g. 3:30, 4:30, 5:30, etc.)
- Use our brand of tears, they are better & cheaper than other brands (& free for posts, reviews, leads)
- Drink a lot of water for the 1st few months so your urine is clear, not yellow (best sign of good hydration)
- Use a humidifier every night for the 1st 3 months ("cool mist" in the summer, regular "hot mist" in the winter)

### **Things to Avoid (that other rare patients have done and wound up with a bad outcome that is their own fault):**

- Stopped their steroid drops prematurely instead of refilling them when they ran out and SCARRED
- Not worn their sunglasses when in sunny weather for a few months postop and SCARRED
- Not kept their eyes closed enough the first week so had delayed healing and SCARRED
- Mixed up their drops and didn't know which was the steroid and SCARRED
- Missed appointments and wound up with the wrong prescription so needed ANOTHER OPERATION
- Mixed up their steroid with their NSAID or didn't take them correctly so needed ANOTHER OPERATION

**Dr. Chynn stayed in the office until midnight one night to re-write all of these instructions to be a clear as possible. He has performed more LASEKs than any other surgeon in the US, and will do EVERYTHING to his best ability! But YOU MUST ALSO ASSUME RESPONSIBILITY FOR YOUR CARE AND YOUR FINAL RESULT**

**If you have any MEDICAL questions the BEST way to ask them is through the SMS group (not for appts, etc)!**

**Be a "good" (compliant) patient and you will have GREAT results! Don't be a "bad" (noncompliant) patient!**

**Please ask anyone who will help take care of you the 1<sup>st</sup> week after your LASEK to read these directions NOW!**