

Do's and Don't's

After Laser Eye Surgery



Do's



Do take adequate rest, preferably in a dark room



Do continue using prescribed medication



Blink your eyes gently & frequently on the day of the treatment



Always wash your hand properly before wiping your eyes



You can work on computer from the 3rd day of your treatment or as recommended by ophthalmologist



Use sunglasses when you go out & apply eye shields while sleeping for 2 weeks



Do consume healthy & nutritious diet

Don'ts



Do not drive for at least one week after the surgery



Do not expose your eyes to smoke, dust & pollution



Do not do strenuous exercise or lifting for at least one week after surgery



Do not use eye makeup or wash your hair for few days after surgery



Do not splash water or swim for about one month post surgery



Do not rub your eyes or touch your eyes with dirty hands