

## SMILE Post-Operative Instructions

### What to expect after SMILE Surgery:

- Your eyes will most likely be scratchy and uncomfortable once the anesthetic drops wear off after surgery. It's best to try to take a long nap or keep your eyes closed for three or four hours after you get home. A single dose of over-the-counter acetaminophen (Tylenol) or Ibuprofen (Motrin, Advil) may also help.
- You will also be very light sensitive and your vision will be cloudy immediately after surgery. This is normal.
- By the late evening of surgery day, your vision and comfort should improve significantly, although you will probably still notice some dryness and foggy vision.
- You can help your eyes heal by using lubricating drops at least every 1-2 hours while awake for the two weeks after surgery. After the second week, use the lubrication drops as directed by your doctor.
- You may still be somewhat light sensitive for several days or weeks after surgery. Wearing sunglasses or a hat with a brim or visor while outdoors on bright days is a good idea.
- You will probably experience halos and/or glare around bright lights, even during the day time. This should diminish over time, but you may continue to experience some halos and glare at night for several weeks.
- You may see well enough to drive on the day after surgery. Please use caution, as your vision and depth perception may be different than you are accustomed to.
- Some types of vision corrections have longer recovery times. If you were far-sighted, had high astigmatism, or were very near-sighted, your vision may take several days to several weeks to stabilize.

### General Guidelines:

- You can refrigerate all of your eye drops. They often feel better when chilled.
- Always allow 5 minutes between eye drops so the second drop won't wash away the first.
- Use only one drop of each medication at a time. The eye only holds one drop. Extra drops will be wasted, causing you to run out of your medications too early.
- Wear your protective goggles while sleeping or taking naps for the first week after surgery. **Do not rub your eyes.**
- It is okay to watch TV, read, use computers, etc. Let comfort be your guide.
- You can gently clean around your closed eyelids with a clean tissue or towel. We recommend using disposable products to help prevent infection.
- You can take a shower and /or wash you face at the sink. Try not to let water get into your eyes.

### Contact us for any of the following reasons (see contact information on reverse):

- Excessive pain not controlled by medication such as Tylenol or Motrin.
- Worsening vision.
- Severely reduced vision.
- Significant thick discharge from eyes other than tears.