



# CLEAR SIGHT EYE CENTRE

*Eye Specialists and Surgeons  
Cataract, Glaucoma, Refractive Laser Surgery*

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## DR MICHAEL STEINER

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Provider No 116782K

## LASIK EXCIMER LASER TREATMENT

### POST-OPERATIVE INSTRUCTIONS

- Following your treatment, it is advisable to go home and have a restful evening.
- Should you experience pain take: Panadeine 1 or 2 tablets.  
These can be repeated 4 hourly as required. (take care as they can cause constipation)  
  
Prior to going to bed take: Phenergan 25mg (to help you sleep)  
As Phenergan can cause drowsiness it is important to rest or go to bed after taking it.  
  
If you experience gastric or other symptoms stop all medications.  
**Do not drink alcohol while taking these tablets.**
- Do not remove the shield until you see your surgeon tomorrow. It can then be left off during the day, but should be worn going to bed for a further two nights.
- Please bring your post-op kit with you to the follow up appointment tomorrow.
- Once seen by your surgeon, commence eye drops as follows:
  - Ocuflax - 4 times a day
  - FML - 4 times a day
  - Artificial Tears - 2 hourly for the first week (not at the same time as Ocuflax and FML)  
They can then be used as required should you experience dry eye symptoms.
- Do not rub or press on the eye. (be careful when drying your face)
- Do not wash your hair until after the follow up visit. Avoid soap and water in the eye for 1 week.
- Do not drive until your vision has recovered adequately.
- No eye makeup for 1 week.
- No swimming for 14 days.
- It is very important that you keep your follow up appointments.

After hours contact number – Dr Michael Steiner (02) 9428 3045