

Blue Fin Vision® | Aftercare Guide

After Laser Eye Surgery: LASIK, SMILE or PRK

Your laser treatment has been completed successfully. This guide explains how to care for your eyes as they heal.

Aftercare depends on which treatment you had:

- **LASIK or SMILE:** follow the LASIK and SMILE section
- **PRK:** follow the PRK section, which is different and lasts longer

If you are unsure which treatment you had, please ask us before you leave.

After LASIK or SMILE

SMILE does not create a flap, but its aftercare is exactly the same as LASIK.

Do Not Rub Your Eyes

This is the most important instruction. Rubbing can cause creases in the treated cornea.

- **First 24 hours:** absolutely no rubbing. This is the critical period.
- **First 3 days:** ideally avoid rubbing altogether.

Your Eye Drops

Use both drops for 1 week, then stop.

Drops	Days 1 to 3	Days 4 to 7	After day 7
Levofloxacin (antibiotic)	Every 2 hours while awake	4 times a day	Stop
Pred Forte (steroid)	Every 2 hours while awake	4 times a day	Stop

Open one bottle of each. If both eyes have been treated, use the same bottles for both eyes.

The exact timing of the drops is not important. Simply spread them through your waking day as shown in the table.

Leave 5 minutes between the two drops: one drop of the first into both eyes, then one drop of the second into both eyes 5 minutes later.

The drops do not need to be kept in the fridge.

Daily Activities

Activity	When
Showering	From the next day
Water in the eyes	Not harmful
Swimming	After one week

Follow-Up

Your first review is 1 to 2 days after surgery, to check that your eye is healing well.

After PRK

PRK heals differently from LASIK and SMILE, so the aftercare is longer.

Your Bandage Contact Lens

A soft contact lens has been placed on your eye to protect it while the surface heals. It stays in for 1 week and is removed at your 1-week appointment, which is booked on the day of your surgery.

If the lens falls out, do not put it back in. Please contact us.

Your Eye Drops

The antibiotic is used for the week the lens is in. The steroid continues for 2 months.

Drops	Days 1 to 3	Days 4 to 7	Week 2 to 2 months
Levofloxacin (antibiotic)	Every 2 hours while awake	4 times a day	Stop
Pred Forte (steroid)	Every 2 hours while awake	4 times a day	4 times a day

It is important to use the steroid drops for the full 2 months.

Open one bottle of each. If both eyes have been treated, use the same bottles for both eyes.

The exact timing of the drops is not important. Simply spread them through your waking day as shown in the table.

While you are using both drops, leave 5 minutes between them: one drop of the first into both eyes, then one drop of the second into both eyes 5 minutes later.

The drops do not need to be kept in the fridge.

Protect Your Eyes From Sunlight

This is very important. Sunlight on the healing cornea can cause haze, which can blur your vision.

- Wear UV400 sunglasses whenever you are outdoors during the day
- Continue this for the whole 2 months

Daily Activities

Activity	When
Showering	From the next day
Water in the eyes	Not harmful
Swimming	After one week

When to Seek Advice

Contact us if you experience:

- Pain that is getting worse rather than better
- A sudden drop in vision
- Redness that is increasing
- Sticky discharge from the eye

These are uncommon, but important to assess promptly. Mr Hove will personally give you his number.

Final Reassurance

Modern laser eye surgery is precise and well established.

The most important things you can do are simple: use your drops exactly as prescribed, and follow the instructions for your treatment.

Otherwise, get back to living your life and enjoying your vision.