

Laser Eye Surgery Recovery Tips

So, you're getting lasik surgery. Great, you're on your way to enjoying greatly improved vision without the hassle of glasses or contacts. However, you might be a bit worried about getting through the post-operative phase without issue.

Don't worry too much about this. Lasik is a quick procedure that takes 15 minutes or so to complete, so the procedure isn't too intense. However, there are a few things to keep in mind that will help your procedure go smoothly.

First of all, relax. In fact, it may be a prize-winning idea if you go to sleep right after the operation. Don't watch TV, use the computer, read a book, or some other kindred activity. Your eyes should stay relaxed, and sleeping is one of the prize-winning strategies to secure this.

Don't wear makeup or ingest some scents or colognes. The dust and the fumes could cause irritation which might interfere with the procedure.

You should wear sunglasses right after the surgery, until your eyes have recovered. Also, don't take showers, because the spray from the liquid could cause issues. Opt for baths, instead. Also, refrain from some sort of unclean environments during the procedure period. Don't drink some alcohol for at least a few days after the surgery.

Also, be sure that you do not chafe your eyes at all. Your doctor should give you a mask that will help shield your eyes, but since your eyes will be slightly itchy and irritated, you might be tempted to cheat. Your requirement to exercise should be curbed and refrain from doing this.

After a day or two, the itching should start to subside, and your vision should be much clearer, however, complete procedure strength might take up to six months. Just be patient, and move forward for the procedure to complete. However, the precautions described above only apply to the first few days.

Also, be sure that you carefully study some other instructions presented to you by the doctor. Attend all follow-up appointments, since they are crucial for monitoring the success of your surgery.

So, most of this is pretty common sense. Just protect your eyes from dust, fumes, and strain. As expressed above, one of the prize-winning strategies to recover is to simply kick back and sleep for a while. When you wake up, you'll encounter yourself enjoying better, clearer vision than ever before, thanks to the miracle of laser refractive surgery.