SM EYE MED GROUP SINCE 1948

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Patient Post-Operative Instructions for PRK

After Surgery: Remain quiet the evening of surgery. A 2 to 3-hour nap is highly recommended immediately after the procedure. If unable to sleep, eyes should be kept closed for 4 hours to improve comfort and help initiate the healing process. You can increase activity as your comfort and vision allows.

Discomfort: It is normal to experience excessive tearing and eye irritation which can be severe on the day of surgery and possibly for several days afterwards. Over the counter medication may be taken to relieve discomfort. The second post-operative day is often when the most significant discomfort occurs and when the vision is at its lowest level.

Light Sensitivity: You may experience light sensitivity and/or glare around bright lights at night during the first couple of weeks following surgery.

Dryness: It is also normal to experience dryness in your eyes after surgery. Dryness can persist for many months following PRK. Use Preservative-Free Artificial Tears at least 4 times a day for the first several months and more often when looking at a screen for prolonged periods.

Eyelid Swelling: Some patients may experience eyelid swelling on the first day after surgery. The Medrol Dosepack will help. You can also use icepacks over the affected eye to reduce swelling.

Special Precautions:

- Patients typically do not feel comfortable driving until at least 6 or 7 days following the procedure. Your vision may fluctuate significantly for the first several weeks so use good judgment.
- No make-up, lotions, hairspray, or aftershave for 4 days after surgery.
- After those 4 days of no makeup, we highly recommend buying new eye makeup to replace your older, which may have bacterial contamination. Use extreme caution when applying or removing eye make-up.
- Sleep in the **provided goggles or shields** for 1 week.
- Be careful when showering. No direct water in the eye(s) for 2 weeks.
- No swimming for 2 weeks after surgery.
- **DO NOT RUB YOUR EYES FOR 3 MONTHS AFTER SURGERY.**
- Use caution when participating in contact sports so as to prevent being hit in the eye.
- Do not travel out of town for 1 week after surgery.
- **WEAR SUNGLASSES FOR 6 MONTHS AFTER SURGERY WHEN OUTDOORS TO PROTECT YOUR EYES FROM SUNLIGHT.**

Medications: It is important to follow the instructions below. Any prescription medication can have severe side effects if used other than prescribed. Use each eye drop during waking hours. For each dose, dispense one drop in each eye that underwent surgery. Wait at least 5 minutes between each different medication. Drops may sting for a few seconds. DO NOT squeeze your eyes.

Vigamox (Antibiotic, Tan top) - 1 Drop twice on night of surgery (once when you wake up from nap and once before you go to bed). Following day, 1 drop 3 times a day for 7 Days.

Lotemax (Anti-Inflammatory, Pink top) – Starting the day after surgery, 1 drop four times a day for one month. Then, 1 drop 2 times a day for one week. Then, 1 drop once a day for one week.

Medrol Dosepack – Take 3 of the pills for "day one" after you've checked in at the center. Take the remaining 3 pills for "day one" later that evening at home. Follow the package instructions for the remaining pills.

Preservative-Free Artificial Tears - 1 drop 4 times a day for a month. Use more frequently when using a screen. Start the day after surgery. Refills available over the counter. We recommend stocking up for at least three months after surgery.

Contact Lens: A bandage contact lens was placed in your eye to promote healing. It will remain on the treated eye until the doctor removes it. If the bandage contract lens falls out, throw it away, and do not attempt to place it back on the eye. **DO NOT RUB EYE DURING THE FIRST FOUR DAYS!!! THIS WILL SHIFT THE CONTACT LENS AND CAUSE SEVERE PAIN.**