



## PRK

### Pre/Post Operative Instructions

#### Contact Lens Usage

Please do not wear a soft contact lens in the eye(s) to be treated for 2 weeks prior to your preoperative exam, and again for 2 weeks before your procedure. Eat right. Good nutrition is essential for healing.

#### One Day Before Surgery

- Remove all make-up, including eyeliner and mascara.
- Please arrange for someone to drive you to the surgery facility and to drive you home. You will not be able to safely drive yourself home or to take public transportation home after your procedure (due to preoperative medication and blurred vision immediately after surgery). In most cases, patients can drive themselves on the day after surgery. However, it is a good idea to arrange to have someone as a back-up to drive you to your postoperative visit the day after the procedure.

#### The Day of Surgery

- On the morning of surgery, please take all medications as normally prescribed.
- You can eat and drink normally before and after surgery.
- No fasting is necessary.
- Do NOT use any make-up or grooming products with strong fragrance (because of particles which may interfere with laser treatment).
- Please dress comfortably for your procedure.
- You will be given a kit of postoperative supplies at the laser eye center, which will have all the drops you will need after laser treatment.

#### Post-Operative Instructions

- Limit your activity level. In particular, limit reading, texting, and watching television. Try to keep your eyes closed as much as possible. Listen to music.

## PRK

### Pre/Post Operative Instructions

- Have someone drive you to your first post-operative visit. You may return to work as your comfort level allows.
- It is normal for the vision to fluctuate for several weeks after your procedure.
- Do not wear make-up or apply lotions, hairspray, or aftershave for 3-4 days. Then, be very gentle in applying and removing your make-up.
- You may bathe or shower with caution after your 1-day post-op appointment. Avoid direct running water contact with your eyes for 3-4 days.
- No swimming for 2 weeks after surgery. For 2 months avoid water sports or other contact sports as this may cause damage to the eye. Resume sports or activities using caution to prevent getting hit or bumped in the eye.
- Wear your shield or goggles while napping or sleeping the night following surgery.
- Wear sunglasses regularly after your surgery when outdoors to protect your eyes from harmful UV rays. During your healing phase, your cornea is particularly susceptible to these UV rays.
- You may experience light sensitivity and/or glare with bright lights. It is normal for your vision to fluctuate for several weeks after surgery.

### Medications

It is important to follow the instructions on your medications exactly. Use each medicated eye drop four times per day during waking hours. When it is time to use your drops, dispense one drop into the appropriate eye. Wait 5 minutes between each different medication.

**Zymaxid** (antibiotic) Tan Top, Use 4 (four) times a day until you run out of the medication.

**Predforte** (anti-inflammatory) Pink Top, Use 4 (four) times a day for 1<sup>st</sup> month. Your surgeon will then adjust the dosage as need.



## PRK

### Pre/Post Operative Instructions

During the healing phase, it is normal to experience dryness and fluctuating vision in your eyes.

Use preservative-free artificial tears as needed for the first month. You may use them as often as several times an hour if needed. Artificial tears are available over-the-counter.

A bandage contact lens was placed in your eye to promote healing. It should remain on the treated eye until the doctor removes it. If the bandage contact lens falls out, throw it away, and do not attempt to place it back on your eye.

**If you have a question or concern, you may call the office or call your surgeon.**