

PRK

Aftercare



STEP ONE: Eye drops

- You'll need 4 sets of your drops in before bedtime (this does not include the drops they put in your eyes at the office). One set as soon as you get home, one set after your **MANDATORY two hour nap**, one set in the evening, and your final set at bed time.
- Only use 1 drop at a time; wait **3 to 5 minutes between drops** so they're not washed away by each other.
- Your technician will have marked your medicated bottles with color coordinated stickers:
 - * Use your antibiotic drop (Zymaxid, Gatifloxacin or Vigamox) **4** times daily for one week after your surgery, you may have to refill this.
 - * Use your steroid drop (FML, Pred Mild or Alrex) **4** times daily for one week after your surgery, 3 times daily the second week, twice daily the third week, and once a day the fourth week.
 - * Use your anti-inflammatory drop (Ketoralac) **4** times daily for 4 days, then stop. (You will be given this drop on the day of surgery.)
- Use only preservative free artificial tears in **INDIVIDUAL DROPPERS** from our approved list every hour the first week, then 4 times daily through the next 10 weeks.
 - * **Approved list:** Refresh, Refresh Plus, Refresh Optive, Systane Ultra, or Theratears.
 - * **DO NOT USE REFRESH OPTIVE ADVANCED or use ANY bottled tears. None, not any, we mean it. NO BOTTLES!!!**

STEP TWO: Do's and Don'ts

- ✓ Keep your eyes closed as much as possible during the first 4 to 6 hours to help your eyes heal.
- ✓ Lean your head back while putting in your drops, and gently close your eyes. Be careful not to blink your bandage contact off.
- ✓ Wear your protective goggles that we have provided for the rest of the day/night of surgery and for the first week while sleeping.
- ✗ **DO NOT rub your eyes!** Wear protective eye wear if you're going to be around dust, dirt, smoke.
- ✗ **NO EXERCISING, NO EYE MAKE UP and no hot tub or sauna for the first week.**
- ✗ **No swimming for 3 weeks.** You can shower normally, but keep soap and shampoo out of eyes.
- ✓ Take Motrin every four hours. Keeping your drops in the fridge and cold compresses will help soothe sore eyes. Take Norco/Vicodin as needed. You can take Norco and Motrin together. Take Tylenol or Ibuprofen (Advil) as needed for a headache or eye discomfort.

STEP THREE: Follow up

- You'll have a one day, one week, one month, & 10 week follow up appointments. It is important that we see you for all post-ops to assure your eyes are healing properly.
- Make sure to continue oral Flaxseed Oil capsules (1000 mg, twice daily) for 3 months and Vitamin C (500 mg) for 6 months after your procedure.
- **IMPORTANT:** If your contact comes out, **DO NOT** put it back in. Call us and we will determine whether or not it needs to be replaced. Your vision WILL get worse day 3 or 4, as part of the healing process. **Call us immediately for worsening pain, or light sensitivity past Sunday/Monday.**

After Hours Call (937) 463-1747

(Medical Society)

Patient Signature



COMMONLY ASKED QUESTIONS

What's the best advice you can give someone after his or her PRK surgery?

A: Studies have shown, a positive mental outlook will help you to heal better and adapt to the normal fluctuations in vision that everyone experiences after their surgery. Enjoy your vision and make comparisons to how you were seeing without lenses prior to your PRK surgery.

Why does my vision blur at the end of the day or when I've been reading and using the computer?

A: Dryness, usually from decreased blinking, can blur your vision for up to six months after your PRK surgery. Your eyes may not even feel dry, but often they are. Force yourself to blink more frequently and use your artificial tears. Refresh, Refresh Plus, Refresh Optive, Systane Ultra or Theratears not only makes them feel better, but additionally will help you see and heal better. Taking oral FLAX seed oil capsules can improve the quality and production of your natural tears (available over the counter at any grocery or pharmacy). Using a humidifier in the bedroom during winter months can help as well.

Why is it harder to read now?

A: Most people are a little over-corrected at first, which can make your near vision worse for about a month. If you are over forty you may need reading glasses at least part of the time. You may want to use "dime-store" readers/magnifiers until you have healed enough to get prescription readers.

Why is my vision worse at night?

A: Glare and a loss of contrast in dim conditions is a normal part of the healing process. After about 10 weeks, this starts to fade. If you are struggling with your night vision let your doctor know. There may be a drop that can help in the meantime.

How will I know if I'm going to need an enhancement or touch up?

A: Many people continue to heal for several weeks after their surgery. Your doctor will normally wait for 3 months for your vision to stabilize before considering an enhancement. Remember your vision will fluctuate for the first couple of months due to dryness and the healing process. Our goal is to get you seeing well without corrective lenses for distance activities. Be patient with your eyes while they healing.

Why are my eyes still irritated and dry? My eyelashes have a lot of crusting is that okay?

A: You may have a low grade eyelash infection. Use a warm wash cloth and gently scrub your lashes to clean them morning and night. Cleaning the lashes off will allow your tears to work better and you'll see more clearly too. Continue to use your non-preservative tears and flax seed.

