

PRK PRE-OP DIRECTIONS

Contact Lens Usage: Please **do not wear** a soft contact lens in the eye(s) to be treated for 3 weeks prior to your preoperative exam, and again for 3 weeks before your procedure.

Three days before surgery: Use Zymar antibiotic drops, 1 drop in the eye(s) to be treated 4 times a day for 3 days prior to surgery. The easiest schedule for most people to remember is to do one drop at breakfast, one at lunch, one at dinner, and one at bedtime.

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.

Surgery Day:

- ◆ 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. Remember that you will be in the operating suite for approximately 15 minutes, during which time restroom breaks are not possible.
- ◆ Do NOT use any make-up or grooming products with strong fragrance (because of particles which may affect the laser).
- ◆ Please dress comfortably for your procedure. If you are more sensitive to cold, you may want to bring a sweater to wear in the laser suite.
- ◆ You will be given a kit of postoperative supplies at the surgery center, which will have all the drops and other items you will need after treatment.

PRK POST-OP DIRECTIONS

- ◆ A bandage contact lens is placed in your eye(s) for comfort. It will remain on your eye(s) until the doctor removes it, which is usually on the 7th day. If it falls out, please do NOT reinsert the lens. A new lens will be provided on your post-operative visit.
- ◆ Start your post-op drops upon returning home (or within 2 hours after surgery).
 - ◆ Use Zymar, 1 drop 4 times a day for 7 days (until bottle is empty).
 - ◆ Use FML Forte, 1 drop every hour _____
 - ◆ Use FML Forte 1 drop every _____ for a month.
- ◆ Be certain to shake the bottles thoroughly prior to each drop.
- ◆ Allow a minimum of 5 minutes between each drop to insure full benefit of each drop. It does not matter which drops is used first.
- ◆ The FML Forte drops and some of the lubricating drops may cause crusting along the eyelashes when you first wake up. If this occurs, you may place a washcloth, soaked in warm water and wrung out, over your eye(s) for 5 minutes. Then very gently brush over the lashes to remove the matter. We will show you the safest way to do this.
- ◆ It is best if you take a nap, or at least rest with your eyes closed, for several hours upon arriving home. If you need to be awake and functioning during the first 6 hours after surgery, use preservative-free lubricating drops every 15 minutes during that time.
- ◆ Dryness of the eye is very common after treatment. Please use preservative-free lubricating drops at least 4 times a day for at least 1 month after surgery. You may use them more frequently (up to every 1-2 hours) if you feel the need to do so. We recommend Systane®, Optive®, Soothe®, Genteal® tears, or Bion Tears. Do NOT use any lubricating gels or thicker lubricating drops, as they will cause problems with the bandage contact lens.
- ◆ Unless instructed otherwise, please continue all other medications (pills, eye drops, etc.) as before surgery.
- ◆ Do not rub your eyes for at least 1 month after surgery.
- ◆ It is normal to feel some very mild discomfort for the first week after the procedure. Your eye(s) may feel slightly scratchy, watery, and/or sensitive to light.
- ◆ Your eyelids may be mildly “droopy” or swollen. This is usually temporary.
- ◆ For discomfort, use any over-the-counter medication (Tylenol, aspirin, Advil, etc.). If you develop pain that is not managed by these medications, please contact us immediately.

PRK POST-OP DIRECTIONS (cont'd)

- ◆ Do not go swimming or in a hot tub for at least 14 days after surgery. This is to lessen the risk of infection. You may shower, but do not allow water to spray directly into your face.
- ◆ It is normal for the vision to be somewhat blurred right after the procedure. Do not be alarmed as this will usually clear once the bandage contact lens is removed, at about 1 week after treatment. It is also normal during the first few months of healing for the quality of your vision to fluctuate slightly through out the day, or from day to day. Some days will be better than others, or the vision in the morning may be better than it is in the afternoon. As the healing of the eye progresses, the vision will become more stable throughout the day, and improve on a day-to-day basis.
- ◆ If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- ◆ You may notice increased sensitivity to light. Please wear sunglasses as needed for comfort.
- ◆ Refrain from all eye make-up for 3 days following surgery.
- ◆ You can resume most normal activities within about 4-7 days. During your first week of healing, you will be able to do things around the house, but you probably will not feel up to working or driving.
- ◆ Unlike the healing period with some procedures, you do not have to be concerned about bending or lifting.
- ◆ If any symptoms of pain or sudden visual decline occur, please call our office immediately at **(310) 543-2611** for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.