

Post Operative Instructions for PRK

The day of your surgery

After surgery, most patients experience general scratchiness and foreign-body-in-the-eye sensation, with some tearing. Some pain or discomfort is normal and does not mean anything is wrong. It is not unusual for your eyelid to be slightly swollen or even droop a little. Bright light may be bothersome.

Vision after surgery

It is normal for vision to vary the first few weeks following PRK. Your near vision may be especially bad in the first few days. This is normal, do not be alarmed.

Required Medications

***Ciloxan antibiotic drops.** Starting on the day of Surgery: One drop 4 times a day for 4 days (breakfast, lunch, dinner, and bedtime). Use 5 minutes apart from any other drop. Instill one drop inside the pulled-out lower eyelid of each eye. **PRESCRIPTION WILL BE GIVEN.**

***Flarex anti-inflammatory drops. DO NOT START THESE DROPS UNTIL THE DOCTOR TELLS YOU TO.** Use 5 minutes apart from any other drop. Instill one drop inside the pulled-out lower eyelid of each eye. **SHAKE 30 TIMES BEFORE USE. WILL BE GIVEN TO YOU DAY OF SURGERY.**

Artificial tears, preservative-free lubricating drops. Use 4 times a day for one month. May be used more often for eye irritation or scratchiness. (One box of these drops will be provided.) Most drug stores will carry Preservative Free artificial tears.

Optional Medication

***Voltaren** drops for pain and light sensitivity. Recommended. One drop 3-4 times a day for discomfort for up to 2 days following surgery. These drops may be started 1 hour after surgery. Instill inside the pulled-out lower lid of each eye.

***Vicodin** for pain relief. Vicodin may be taken if necessary for any pain or discomfort. (Prescription will be given prior to or on the day of surgery. See bottle for directions) Any over the counter pain reliever may be used instead of vicodin.

<p>*Vitamin C to help reduce the risk of dry eye. Take one 500mg tablet twice a day for two weeks.</p>

Reminders for PRK

1. If you have a bandage contact lens placed in your eye by the doctor following surgery, do not replace lens if it falls out.
2. Tenderness to the touch will persist for two to three weeks following surgery. Avoid touching your eyeball.
3. Do not use sunblock, moisturizers, or make-up on or around the eye area for 7 days following surgery.
4. You may shower and shampoo, but keep your eyes closed for the first two weeks when rinsing shampoo

*Delay the following activities as indicated:

Ocean swimming, scuba diving, surfing, water skiing	1 month
Pool swimming	2 weeks
Aerobics, running, biking	1 day
Construction work, exposure to heavy dust or chemicals	3 days

Infection

Infection following PRK is extremely rare. However, if it does occur, it is important to catch it early to prevent any damage. Signs of infection include a white spot on the cornea, redness that persists beyond one day, eyelid swelling, pain and mucous discharge. These could all simply be side effects of the surgery. If you are concerned, please call our office.

**For any questions about the surgery, your eye, or the use of medications,
please call 408-296-1010**