

PRK Post-operative Instructions

6500 Rockside Rd., Suite 100 Metro Center Building, Independence, OH 44131 / (216) 674-6400

DO NOT RUB YOUR EYES!

It is normal for your vision to be poor, blurry, or fluctuate after surgery. Your eyes may feel scratchy, tear, and/or have a burning sensation or sensitivity to light.

Remember to sleep 3 to 4 hours immediately following your surgery.

Wear your goggles at night time and nap time.



ZYMAXID (0.5%) OR GATIFLOXACIN (Tan cap)

BREAKFAST	LUNCH	DINNER	BED TIME	OTHER
✓	✓	✓	✓	1st Week, then stop
Apply drops to your lower lid. Do not pull on your upper lid!				



LOTEMAX (Pink cap)

BREAKFAST	LUNCH	DINNER	BED TIME	OTHER
✓	✓	✓	✓	1st Week
✓		✓		2nd & 3rd Weeks
✓				4th & 5th Weeks, then stop



KETOROLAC (0.5%) (Gray cap)

BREAKFAST	LUNCH	DINNER	BED TIME	OTHER
✓		✓		1st Week, then stop
Discontinue when your discomfort has subsided.				



REFRESH PLUS/SYSTANE TEARS - 1 drop every hour while awake for 2-3 days then continuing frequently, every 3 to 4 hours for the first 2 weeks after surgery. **Do not use any other drops 5 minutes before/after Refresh/Systane - we do not want the lubricating drops to wash out the other medications** during this time. Additional lubrication drops can be purchased over the counter.

Use lubrication drops for at least 6 months after surgery - you cannot over lubricate!

BANDAGE CONTACT LENS - A bandage contact lens has been placed on each eye to help promote healing and decrease your discomfort. You are to leave this on until your follow-up doctor (or the doctor at LVC) removes it. If it comes out any time during this period, please **LEAVE IT OUT** and your doctor will insert a new one at your next visit.

NEURONTIN (Gaba) - 1 pill three times a day until gone. If you are not having any discomfort, you can stop taking this medication.

Eye Protection

- Sunglasses are provided to help you avoid rubbing your eyes
- Eye Shield should be worn when you sleep/nap the first 4 days/nights after surgery

Activity Restrictions for One Week After Surgery

- Do not rub or squeeze your eyes
- Avoid eye make-up
- Avoid dirty/dusty environments
- No sports
- **No swimming or hot tubs for 2 weeks**

Expectations

- No driving until permitted by your doctor
- It is normal for vision to be blurry and fluctuate for the first 7-14 days and to gradually improve over the next four weeks. The bandage contact lens will be taken off by your eye care provider once sufficient surface healing has occurred (typically 3-5 days). Complete visual recovery takes at least 3-6 months.
- Your eyes may sting and tear for the first day. Lubrication and time will improve your comfort. Tylenol, Advil, or any other pain relievers that agree with you may be taken if necessary.
- Your eyes may be red with superficial blood which will disappear over 2-4 weeks. Your lids may be slightly swollen initially.
- Normal healing involves some regression (partial return to nearsightedness). Therefore, you are deliberately slight over corrected initially to allow for this regression. If regression results in significant nearsightedness, an enhancement may be performed 6 months after the initial surface ablation.
- Reading may be difficult initially. If you are over 35, temporary use of reading glasses may suffice until your vision has stabilized. Then permanent prescription readers may be considered if necessary.
- Please remember that everyone heals differently. Your process will be monitored with regularly scheduled visits and your management will be decided accordingly.

Most patients may experience moderate discomfort (more so with PRK than LASIK) such as sandy or gritty eyes, moderate tearing, and light sensitivity.

However, if you experience any severe pain, discharge, or other abnormal symptoms, please first contact your co-managing doctor. If you can't reach him/her, you can call our office at **(216) 674-6400** or call Dr. Eippert's cell at **(216) 789-8799**.