

PRK POST-OPERATIVE INSTRUCTIONS

Congratulations on having completed your laser vision correction procedure!

To ensure a smooth recovery, it is important to carefully follow these post-operative instructions and medication directions.

Your post-operative appointments are very important to monitor the healing of your eyes. Please ensure you attend each appointment.



After PRK surgery, we recommend you go directly home to rest your eyes. We suggest that you nap for a couple of hours after the surgery. Before going to sleep, apply your drops (Zymar and Systane Ultra).



Avoid watching television, reading, using computers, tablets and cell phones for the first **48 hours** after your surgery as these activities may cause eyestrain.



DO NOT RUB YOUR EYES.



If you experience sudden and new pain, especially in just one eye, your contact lens may have fallen out. Advise us immediately by calling: _____

EMERGENCY LINE (after business hours only): _____



UV PROTECTION: For six (6) months following surgery, it is important that you wear sunglasses every time you go outside during the day, even if it is overcast or cloudy, to provide protection against ultra-violet rays.

Please note:

- Discomfort after PRK surgery will vary from patient to patient. It is not uncommon to experience significant discomfort for the first two days. Only a small minority experience severe discomfort.
- When you wake up, if you need to clean your eyelids, DO NOT RUB. Instead, you can use a soft damp facecloth or sponge in a gentle downward motion.

On the next page, please find a guide to help you administer the post-operative medication.

Please be sure to:

- Wait five (5) minutes between the applications of the different drops. This method will ensure that all drops will be effective.
- After applying a drop, close your eyes for 20 seconds to avoid displacing the contact lens.

LASIK MD
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MEDICATION	DAY 1 (Day of surgery)	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
ZYMAR (beige cap) 1 drop 	4 times a day <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	4 times a day <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime				<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime		
SYSTANE ULTRA 1 drop Should you find samples of Systane Ultra in your package, please feel free to use them. 	4 times a day <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	4 times a day <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime				<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime	if needed <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime	
DILAUDID (Hydromorphone HCL) 1 or 2 pills 	Take every 4-6 hours . For the first 3 days, these pills should be used to help prevent and relieve pain. Some discomfort is to be expected. <i>Dilaudid can cause nausea or dizziness.</i>							
GRAVOL (Dimenhydrinate) 1 or 2 pills 	Take every 4-6 hours . For the first 3 days, these pills should be used to help prevent nausea that can be associated with Dilaudid.							
TORADOL (Ketorolac) 1 pill 	Take every 6 hours . For the first 4 days, these pills should be used to help prevent and relieve pain. <i>Some discomfort is to be expected.</i>							
TYLENOL (Acetaminophen) 1 or 2 pills 	Take every 4-6 hours . For the first 5 days, these pills should be used to help prevent and relieve pain.							
DILUTE ALCAINE 1 drop 	Apply 1 drop every 4 hours . If you still experience moderate pain, you can apply up to 1 drop per hour .							
TETRACAINE MINIMS (Small clear tube "TCN") 1 drop 	Use only if you experience severe pain . To be used if Dilute Alcaine is not effective, or at night time before bed.							