

# PRK POST-PROCEDURE INSTRUCTIONS

ONE DAY: \_\_\_\_\_

DATE: \_\_\_\_\_

ONE WEEK: \_\_\_\_\_

DATE: \_\_\_\_\_

ONE MONTH: \_\_\_\_\_

DATE: \_\_\_\_\_

## CONTACT LENS

A protective contact lens has been placed on your eye(s). Keep the contact lens in the treated eye(s) until your eye doctor removes it (usually 3-5 days). Should the contact lens fall out, **DO NOT** attempt to replace it, keep your eye(s) closed and place a cold compress over the eye(s). Contact your eye doctor immediately for further instructions.

## PLASTIC SHIELDS & SUNGLASSES

To keep you from rubbing your eye(s) during the night, the shields should be worn when sleeping for the first four nights after your procedure. The sunglasses are given to help reduce the sensitivity to light. Sunglasses **MUST** be worn in bright sunlight for one year.

## PAIN RELIEF

Discomfort can be mild to moderate with PRK. You have been given a prescription for an oral medication (Neurontin) which will help alleviate this discomfort. In addition to the Neurontin, you may also take Advil or Tylenol every 4-6 hours as needed. If the pain becomes more severe despite using these medications, please contact your eye doctor.

## REMEMBER

- It is recommended you rest at home the first 24 hours following your treatment.
- **DO NOT** rub or wipe your eye when it is tearing. Just dab gently.
- Avoid getting water in your eyes until the contact lens is removed. Protect your eyes in the shower.
- Wait at least 1 week and check with your eye doctor before you resume swimming, hot tubs, heavy lifting or vigorous exercise. No contact sports for 1 month.
- **DO NOT** wear eye make-up for 3 weeks.
- Avoid dusty or smoky environments for one week.
- Wear safety goggles for dangerous environments (flying debris), at home and at work.
- Sun protection (sunglasses, large brimmed hats, etc.) **MUST** be worn when exposed to bright sun situations or long periods of sun exposure.
- Your driving license likely has a vision correction restriction. You must wait to drive until released by your doctor. Your doctor can complete a vision form to have the restriction removed.
- It is very important to return for your follow-up appointments after the treatment.
- **DO NOT** hesitate to call your eye doctor or SightLine if you have any concerns.

## EYE DROPS

You will be given several different eye drops to use following your laser treatment. These eye drops are imperative to the success of your refractive treatment. They are to be used according to the following schedule unless changed by your eye doctor. Allow 1 minute between each medication. Please do not hesitate to call your eye doctor or SightLine if you have any questions or concerns regarding the prescribed medications.

# PRK EYE DROP & ORAL MEDICATION INSTRUCTIONS

Start taking medications 4 hours after your procedure. Allow 1 minute between eye drops.

	WHAT IT DOES	DIRECTIONS
OFLOXACIN	This antibiotic drop prevents infection while the surface of the eye(s) heals.	4 times per day until your eye doctor instructs you to stop.
ACULAR (KETOROLAC)	This non-steroidal anti-inflammatory drop helps to make the eye(s) more comfortable.	4 times per day for 2 days.
FML	This steroid reduces inflammation of the eye(s)	1 drop 4 times a day x two weeks. 1 drop 3 times per day x two weeks. 1 drop 2 times per day x two weeks. 1 drop once a day for two weeks. Discontinue unless otherwise directed.
ARTIFICIAL TEARS	These drops lubricate the eye(s) for comfort.	Use these drops or any artificial tear as often as you feel necessary. Wait 20 minutes after using medicated eye drops.
NEURONTIN	This oral medication is used to relieve pain.	1 capsule 3 times a day for 4 days.
VITAMIN C	Helps with corneal haze and epithelial healing.	1000mg once daily for 2 months

PLEASE DO NOT HESITATE TO CALL YOUR EYE DOCTOR OR SIGHTLINE IF YOU HAVE ANY QUESTIONS OR CONCERNS.