

# PRK Post-Op Instructions

**DROPS** (Use 3 to 5 minutes apart. DO NOT use them one right after the other.)

- **Artificial Tears** (Purchase Over the Counter)
  - **Preservative Free Refresh Plus**: One drop in each eye every 15 minutes (or more often). This is very important to your healing. You cannot over do your artificial tears!
  - **Celluvisc / Genteal / Systane Free**: Start these drops after the contacts have been removed. One drop in each eye at bedtime for one month.
- **Zymar**: One drop in each treated eye, 4 times a day until your contacts are removed. This is an antibiotic drop.
- **Acular**: One drop in each treated eye, 4 times a day for 3 days. This drop is a non-steroidal, similar to Motrin, and is used to decrease eye pain after surgery.
- **Comfort Drops** (0.05% tetracaine): One drop in each treated eye every hour as needed for pain for the first 3 days starting the day of surgery.
- **FML**: One drop in each treated eye, 4 times a day for 4 months. This drop is a suspension steroid drop. Shake the bottle vigorously before each use (approx. 1 minute). You will use this drop for 4 months.

## **ORAL MEDICATIONS**

- **Lyrica**: Take 1 tablet (75mg) twice a day. This medication prevents pain.
- **Vitamin C** (Purchase over the counter): Take 500 mg twice a day for three months
- **Tylenol Extra Strength**: Take 2 tablets (500mg) every 4 to 6 hours as needed for pain.
- **Mepergan Fortis**: Take 1 tablet every 4 to 6 hours as needed for severe pain. Do not drive while taking this medicine.
- **USE ICE PACKS AS NEEDED FOR PAIN**

## **ACTIVITY**

- After surgery you should go home and rest or sleep. You should not drive a car or operate machinery immediately following surgery. Please wear your eye shields whenever you sleep for the first week to keep you from rubbing your eyes.
- For one month from eye surgery, avoid dusty or smoky places, hot tubs, saunas and swimming.
- Do not use eye make-up for two weeks after surgery. I recommend you purchase new eye make-up to prevent infection.
- Use sunglasses that block 100 percent UVA and UVB (ultraviolet light) for the first year following surgery. UV light may increase corneal haze, decrease visual acuity and may affect your visual outcome.
- You will be wearing a contact lens in each eye after surgery. This contact will increase comfort and decrease healing time. The contact lens is usually worn for 4 to 7 days, until the surface skin heals. During the first two weeks you may not feel comfortable driving or working on the computer. Your vision may fluctuate for the first 1-2 months. This may include double vision and difficulty maintaining focus. You may notice some light sensitivity and/or glare, particularly at night. You may experience a sandy feeling, a foreign body sensation, tearing eyes, burning and stinging, and these feelings will get better 48-72 hours after surgery.

**If you have any unusual problems or have any questions, please call our clinic (719) 471-2020.**