



www. WoodhamsEye.com
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PRK Post Operative Instructions

What To Expect

- ✓ Post-operative pain after PRK varies from patient to patient. The most common complaints are **tearing, runny nose, burning, stinging, scratchiness, mild swelling and redness** of the eye. This discomfort can last for several days but should improve after 48 hours.
- ✓ Your eyes may be sensitive to light for several weeks after surgery. Wearing sunglasses is usually sufficient to relieve any discomfort.
- ✓ Your vision will be somewhat blurry the first 3-4 days. Vision will start to improve once the bandage contact lens is removed. Your best vision can take up to 3-4 months, depending upon the healing of your individual eyes.

What To Do

- ✓ It is important that you keep your eyes closed as much as possible for the first four hours after surgery, even during your ride home.
- ✓ Do not remove the Bandage Contact Lens.
- ✓ Take the prescribed pain medication with food as soon as possible after surgery. Take your pain medication as directed and regularly for the first 24-48 hours to stay ahead of the pain. Ice-wrapped washcloths applied to closed lids can be very helpful.
- ✓ You may also take over-the-counter Ibuprofen or Acetaminophen as needed.
- ✓ Now that surgery is over, you should relax and can have something to eat and drink.
- ✓ You may use lubricating eye drops as often as needed to relieve any sensation of scratchiness.
- ✓ Begin your eye drops using the instructions stated below and try to take at least a 2-4 hour nap.
- ✓ Wear the eye shield all day today and when sleeping for 3 days following your surgery.
- ✓ You may not drive or operate machinery for the rest of the day.
- ✓ Take the Dalmane sleeping pill at bedtime tonight.
- ✓ You may take a shower tomorrow. Do not get water from public places in your eyes for two weeks (i.e. swimming pools, lakes or hot tubs). You may use eye makeup four days after surgery (purchase new mascara and clean all brushes). You may begin your regular exercise routine tomorrow.
- ✓ Your follow-up appointment is tomorrow at _____.
- ✓ Do not rub, scratch or hit your eyes during the healing process.
- ✓ **Contact us immediately if you develop any of the following:** Deep, boring pain in the eye itself; a pus-filled discharge; sudden appearance of dense, floating specks; bright

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flashes of light; a ‘curtain’ off to the side, or any sudden, dramatic change in visual acuity.

Eye Drop Instructions

Wash your hands before use. Wait at least one minute between each drop!



	Zymar	Pred Forte	Acular PF	Lubricant
Today after surgery	NO	NO	Every 2 hours while awake	Use sparingly
Day after surgery	4x/day (Breakfast, Lunch, Dinner, Bedtime) for 6 days	1x/day until Contact Bandage Lens is removed	Use remainder as needed	Use sparingly
When Contact Bandage Lens is removed by doctor	Continue as directed	USE TAPERING SCHEDULE: 4x/day for 3 days, 3x/day for 3 days, 2x/day for 3 days, 1x/day for 3 days. Then discontinue Pred Forte.	NO	As needed

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