



## We want you to have a satisfactory experience during your stay at the Woodhams Eye Center.

*In order to help achieve this, it is important that you carefully READ & FOLLOW the enclosed instructions:*

*If you have any additional questions regarding your surgery, please do not hesitate to call us at 770-394-4000*

### Preparing for your PRK Procedure

#### *...prior to your surgery*

1. Remove contact lens:
  - Soft & Soft Toric Lens must be out TWO weeks before surgery unless otherwise directed.
  - Gas Perm & Hard Lens must be out TWO weeks plus ONE week for every decade worn (minimum 3 weeks) unless otherwise directed.
2. ***Purchase your prescription drops and pain medication at your pharmacy. Bring the pain medication with you to the clinic on the day of surgery.***
3. Carefully read and sign Informed Consent only if you are ready to proceed with surgery. If you have questions, mark them for further explanation upon arrival at the Clinic.
4. Payment will be collected prior to surgery. We accept MasterCard, Visa, AmEx, Discover, Capitol One financing, check or cash in the exact amount.
5. Arrange to have a driver pick you up about 2-3 hours after your arrival time. You will not be permitted to drive the day.

#### *...morning of your surgery*

1. Relax, being nervous is very normal!
2. Begin using ZYMAR drops in the planned operated eye(s) and use it every 2 hours until you arrive at the clinic.
3. Wash face & eyelids thoroughly. Remove all traces of eye makeup, moisturizer, and sunscreen.
4. Do not wear cologne, perfume, earrings or necklaces.
5. Leave valuables at home.
6. Wear loose-fitting, short sleeved shirt.
7. Do not eat one hour before your surgery time.

#### *...upon arrival to the Clinic*

1. Be sure that any questions you have regarding your surgery are satisfactorily answered.
2. You and your family should turn off all cell phones upon entering the clinic.
3. A sedative (Valium) will be offered but is optional.
4. Our staff will begin administering a series of eye drops once you are in the surgical area.
5. A protective covering will be placed over your hair.
6. The actual procedure takes only about 15 minutes.
7. Clear plastic goggles will be placed over your eyes after surgery. You may also wear sunglasses (provided by us) when outside.
8. You will leave with clear bandage contact lenses in your eye(s) and you will return 4 to 5 days later to have them removed.
9. You will receive a copy of Post-Operative Instructions

#### *General Post-Operative Information...*

- It is important to keep your eyes closed and lubricated, while awake, after your surgery.
- Bring the **MEPERGAN FORTIS** pain medication with you to the clinic. Immediately after surgery, you should take 2 tablets and go directly home and sleep. You will be given a sleeping pill to help you sleep the night of surgery.
- You will experience moderate to severe burning, stinging, tearing, runny nose, redness, mild swelling, and fogginess. These complaints usually resolve within 7 to 10 days and will lessen day by day. Continue to take your pain medication as needed.
- You may or may not be able to drive to your post-op appointment 4-5 days after your surgery.
- You may return to work as you are able.
- You will use eye drops for about two weeks after surgery as directed by your Doctor.
- You may wear eye makeup four days after surgery (buy new mascara and clean all brushes).
- You may not get your eyes wet from pools, lakes, hot tubs, or perspiration for two weeks. You may shower the day after surgery.
- You may resume your regular exercise routine the day after surgery but you should not get sweat in your eyes.
- You may experience dryness for several months after surgery; lubricating eye drops will alleviate these symptoms.
- Some patients report night halos after surgery. This is normal and will resolve after a few weeks.
- *You may donate your old glasses and un-used contacts to the Lion's Club in the clinic drop box!*

