

POST OPERATIVE INSTRUCTIONS for PRK

POST OPERATIVE SYMPTOMS: After surgery, your vision will be blurry as the epithelium is healing. Your eye(s) may tear and your nose may run. Your eye(s) may be red, swollen, itchy, and light sensitive. These symptoms are normal and should resolve within two to four days. The level of discomfort varies from mild irritation to moderate or severe pain. A cold compress may help alleviate the pain, which rarely lasts more than 24 hours.

POST OPERATIVE PROTECTION: Following surgery, your cornea will be covered with a bandage contact lens. This should remain on your eye for the first two to five days. Avoid rubbing or squeezing your eye as this may cause the lens to fall out. If this happens, **do not attempt to replace it**. Contact your doctor's office immediately.

MEDICATIONS: It is important to closely follow the instructions for eye drops as they are an integral part of the healing process. You will be using Tobradex, an antibiotic/steroid, to aid in the healing process, Tetracaine to reduce pain, and artificial tears to lubricate the eyes and help decrease irritation. You may also be directed to use Flarex, another steroid, but do not use it unless your doctor tells you. Remember to shake all bottles before using them and wait ten minutes between drops.

Tobradex- One drop four times per day

Artificial Tears- One drop four times a day, more as needed for irritation

Tetracaine- One drop every two to three hours as needed for pain

Flarex- Do not use until directed by your doctor

Tylenol, Advil, or other over-the-counter pain medication can be taken as needed for discomfort.

POST-OPERATIVE ACTIVITY and ENVIRONMENT: After surgery, it is best to rest as much as possible in the first 24 hours. Keeping the eyes closed will help reduce discomfort and will aid in the healing process. Avoid rubbing your eyes. All eye irritants, including airborne chemicals such as vapors, fumes, aerosol sprays and smoke, dirty water, and dust should be avoided for the first 24-72 hours after surgery. Eye makeup should not be worn until three days after surgery. Swimming, hot tubs, Jacuzzis, and sunbathing should also be avoided for the first two weeks. Showers are permissible, but avoid getting water or soap into your eyes. Normal exercise routine can be resumed 24 hours after surgery. You should be able to return to work and normal activities by the third day after surgery.

Vision: Your vision will be blurry until the epithelium heals and may continue to be blurry for the first week after surgery. Your vision may fluctuate throughout the day. For those having separate surgeries for each eye, the eyes may not work well together until the second eye is treated. Remember, we all heal at our own rate, so be patient.

Follow- Up: Your optometrist will see you the day after surgery. It is important to keep all of the recommended follow up appointments to ensure proper healing.

If you have any problems, questions, or concerns, please call your optometrist or our office at 412-469-9484 or if after 4:30 p.m., 412-466-8011.