

PRK POST-OPERATIVE INSTRUCTIONS

Use of Eye Drops:

- **Wash Hands.** DO NOT touch tip of eye dropper or let it touch your eye.
- **SHAKE eye drops** before using. Tilt your head back. Look upward. Pull down on lower lid. Instill the prescribed drop. Gently close your eyes.
- **WAIT at least 3 minutes** in between drops; using Refresh Plus drops first, may help lessen stinging.
- Eye drops may sting or cause temporary blurring of vision; **DO NOT squeeze or rub eyes.**

Other Notes:

- Ice pack wrapped in cloth placed over closed eyes may help with discomfort.
- Refrigerated eye drops may help with discomfort.
- Noting the time when you take the medications may help you to remember when to take the next set.

General LASIK Post-op Guidelines:

1. **DO NOT REMOVE THE CONTACT LENS;** it will be removed for you when your eyes are healed and no longer need it.
2. **DO NOT reinsert the lens if it falls out.** Use a drop of Tetracaine and insert a new contact lens if available. If not, keep eyes closed unless doing eye drops. Call the number at the bottom of this page for further instruction.
3. **WEAR THE CLEAR SHIELD WHEN SLEEPING.**
4. **Refrain from SMOKING and ALCOHOL consumption** until the bandage contact lenses are removed.
5. Stay out of smoky, dusty rooms and areas with chemical vapors to avoid eye irritation.
6. Do not engage in any strenuous physical activity the day of surgery.
7. Refer to the **“Recommended Wait Times for Activities”** sheet for more details about when you can resume other activities.
8. Your follow-ups must be done at WRNMMC or your local eye clinic 1, 3, 6, and 12 months after surgery.




CONTACTS:

Refractive Surgery Center
Eye Doctor on Duty

M-F, 0700-1530
After-hours Pager

(301) 295-1133
(202) 668-2066

PRK POSTOPERATIVE MEDICATIONS

Name / Purpose		Track Medication	After surgery until contact lens removed	After contact lenses removed
Moxifloxacin Antibiotic (0.5% solution, 2.5mL) To protect against post-op infection			1 drop every 4 hrs during waking hours, and before sleep.	Stop, unless otherwise instructed
Fluorometholone Steroid (0.1% suspension, 10mL) To reduce post-op inflammation			**Shake well ** 1 drop every 4 hrs during waking hours.	Taper as follows: 4x a day for 1 st week 3x a day for 2 nd week 2x a day for 3 rd week 1x a day for 4 th week THEN STOP
Refresh Plus Lubricant (Carboxymethylcellulose sodium 0.5% preservative free) To lubricate and keep eye moist			1 drop every hour	Minimally: 8x a day for 1 st month 6x a day for 2 nd -3 rd month 4x a day for 3 rd -6 th month 2x a day for 6 th -12 th month
Vitamin C 500mg To help with healing			1 Tablet 3x a day	Continue until finished. 1 month supply
Ibuprofen 800mg To reduce post-op inflammation			1 tablet 2x a day (with food or milk)	Continue until finished. 1 week supply
Percocet Narcotic (Oxycodone/Acetaminophen 5mg/325mg) To reduce post-op pain			Only if needed, 1 tablet every 4 hours (with food or milk)	Stop
Tetracaine HCl Anesthetic (0.5% solution, 4mL) To reduce post-op pain			Only if needed, 1 drop every 2 hours; DO NOT USE more than every 2 hours.	Stop