

PRK Post Procedure Patient Instructions



HEALING SYMPTOMS: The surface of the eye typically heals within the first three to five days following surgery. During this time period, the eye may feel scratchy or irritated. It is not uncommon for the eye to water and subsequently may cause the nose to run. The vision may also be blurry and you may be sensitive to light. These normal symptoms typically resolve within the next few days.

BANDAGE CONTACT LENS: A bandage contact lens will be applied. It will protect the eye and significantly reduce your discomfort. The contact lens will be applied before you leave the center. It will protect the eye and significantly reduce your discomfort. Sometimes the contact lens will be replaced if the eye is taking longer to heal. If the contact lens falls out, call your doctor and keep your eye closed until you see him or her. Do not reinsert the contact lens. A new bandage contact lens will be applied that day, or during the next follow-up appointment with your doctor.

DISCOMFORT: You may experience some discomfort for the first 24 to 72 hours following the procedure. The level of discomfort varies significantly from patient to patient. You may be given prescription medications to take ONLY AS NEEDED to ease discomfort and help you sleep. These medications can NOT be filled over the phone and you must have a written prescription to fill them. If you experience serious problems or have any concerns, please call your eye doctor immediately.

SLEEP: It is best to sleep as much as possible as this will promote faster healing. Wear the protective goggles while asleep for 1 week.

EYEDROPS: Use your prescription and over-the-counter drops as instructed below. To avoid washing out the drops, wait 5 minutes between uses.

DROPS TO BE USED DURING AWAKE HOURS ONLY – START DROPS AFTER 3-4 HOUR NAP ON DAY 1

VIGAMOX / Moxifloxacin (Brand or Generic)	Antibiotic Drop	On day 1-7 after your procedure: Use One Drop every 4 hours for 7 days – THEN STOP
PRED FORTE (BRAND ONLY) Shake Well Before Using	Anti-Inflammatory Drop (purple bottle)	Weeks 1 through 4: Use One Drop 4 times per day for 4 weeks Weeks 5 and 6: Use One Drop 3 times per day for 2 weeks Weeks 6 and 7: Use One Drop 2 times per day for 2 weeks Weeks 7 and 8: Use One Drop 1 time per day for 2 weeks – THEN STOP
ACULAR / KETOROLAC (Brand or Generic)	Non-Steroidal Anti- Inflammatory Drop	On Day 1-7 after your procedure: Use One Drop 2 times per day for 7 days – THEN STOP
SYSTANE / OPTIVE (Over the counter)	Preservative Free Lubricating Drops (Vials)	On day 1 after your procedure: Use One Drop every hour Continue to use 4-6 times per day (or more) or as instructed by your doctor Lubrication will improve your comfort and cannot be over-dosed with preservative free drops
Vitamin C 500 mg (Over the counter)	Supplement to aid healing	Month 1: Take 1 vitamin C pill with each meal (breakfast, lunch, and dinner).

ACTIVITIES & RECOVERY:

- Your vision will slowly improve over a period of 5 to 10 days. You may need reading glasses.
- You can wear makeup and return to your normal activities 1 week after your procedure.
- Your focus will vary throughout the day and it will take several seconds for objects to become clear. Your depth perception may be lacking for 7-10 days, so take special care, especially with driving.
- Wait two full weeks before swimming. No driving until permitted.
- Finally, it is important to remember that every patient heals differently and at their own pace, so please have patience.
- Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

STANDARD EXAM SCHEDULE:

- 1 Day Visit – monitor comfort and contact lens placement. 5 Day Visit - bandage contact lens removed or new lens inserted (if needed).
- 2 Weeks, Month 1, Month 2, and/or Month 3, to check visual recovery and to monitor healing.
- You should also schedule annual eye exams with your eye doctor, to check for visual stability and to evaluate general eye health.

24 Hour Emergency Contact Number: 404-531-9988