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POST-OPERATIVE INSTRUCTIONS FOR PRK

DAY OF SURGERY

Relax for the rest of the day. The medications will make you tired. We also encourage taking it as easy as possible for the first 3-4 days after surgery; minimize the use of computers and reading to help the eyes heal. Do not rub your eye(s).

You will have a bandage contact lens in your eye to promote healing for the first 4-7 days after surgery. If one of the contact lenses falls out, do not put it back in the eye – this could lead to infection. Please call our office at once during regular business hours for instructions.

FIRST DAY AFTER SURGERY

Your eye(s) may seem blurry but should improve as time passes. Please refrain from touching them. The redness and irritation will improve and ultimately subside after you begin your drops. Gently blot the excess moisture if needed.

SYMPTOMS OF HEALING

The surface cells of the eye(s) heal during the first 3-5 days after your procedure. During this time, your vision may be very blurry and your eye(s) may appear a little red and swollen. The eye(s) may feel scratchy/itchy (similar to having an eyelash in the eye), which may cause it to water and your nose may run. It is normal to experience increased light sensitivity post operatively. These are all normal symptoms and will disappear within a few days.

BANDAGE CONTACT LENS

A bandage contact lens will be inserted into your eye(s). It will protect the eye(s) and significantly reduce any discomfort experienced. The doctor will remove the contact lens when the protective layer (epithelium) has healed (usually 3-5 days). If the contact lens falls out at any point, keep the eye(s) closed and contact your doctor. **DO NOT REMOVE and/or REINSERT THE CONTACT LENS IF IT FALLS OUT.**

ACTIVITIES & GENERAL GUIDELINES

- The most important instruction is to NEVER RUB OR TOUCH YOUR EYE(S). Rubbing will only increase irritation and may dislodge the bandage contact lens.
- Your eye may feel scratchy and irritated. THIS IS NORMAL. Artificial tears may be used to relieve this irritation.
- UV blocking sunglasses required when outdoors after surgery for a minimum six months.
- Avoid getting water in your eyes for 14 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzis, saunas and the ocean.
- Avoid smoky and dusty environments until the contacts are removed (i.e. construction sites, stables, etc.)
- Light exercise is okay following the treatment, but heavy workouts should be avoided until the contacts are removed to keep sweat out of your eyes.
- If in doubt about activities you can or cannot do, please call our staff during normal business hours.

NEXT APPOINTMENT

Your next appointment is ____/____/____ at _____ am / pm in the Melbourne Office.

I have received a copy of this post-operative instructions sheet and have had the instructions explained to me, and I have had all my questions answered to my satisfaction.

Patient Signature

Date

Witness Signature

Date