

PRK Postop Instructions

Immediately After Surgery:

Go home and take a nap! You don't need any eye protection but try not to rub your eyes as the contact lens could become dislodged. Light sensitivity is very common so wear sunglasses or stay in a dark room with your eyes closed. It is normal for the eyes to burn, sting, tear and have a foreign body sensation. It is also very common for there to be pain. If you are uncomfortable, Tylenol (1000mg) or Advil (600mg) can be taken. Oral narcotics are not typically necessary but can be taken if needed. The vision may be good but it also may be extremely blurred. Don't worry! You can resume normal activities as needed. Use discomfort as a stopping point for these activities.

Five different kinds of drops are given to you in your kit.

Antibiotic:

Zymar or Vigamox to be used 4 times a day. Or Besivance to be used 2 times a day.



Prednisone steroid:

Pred Forte or Omnipred to be used 4 times a day. Or Durezol to be used 2 times a day.



NSAID:

Xibrom or Acuvail to be used 2 times per day.



Initially patients find it easiest to remember if the drops are used at breakfast, lunch, dinner and bedtime. It doesn't matter what order the drops are used. However, try to wait a couple of minutes between each drop to prevent the second drop from diluting the effect of the first drop. More is better than less. So, if you aren't sure the drop got into the eye, go ahead and put in another. Remember, the drops need to be used immediately after the surgery. Hence, if your surgery was done early in the morning, go ahead and use the drops at lunchtime.

Artificial tears are the fourth type of drop. The preservative free variety is best until the surface heals. Preservative free tears are more expensive and less convenient to carry around. However, chemical preservatives in the more commonly used artificial tear bottles can be harmful and delay the healing process. We recommend that preservative free tears be used frequently, even hourly, to promote good healing. This will also prevent the contact lens from becoming tight and drying out. If this happens to the contact lens, pain will start immediately.





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Tetracaine anesthetic drops are also provided. These are stronger than the drops used to numb the eye during surgery. Many surgeons don't give these to their patients because if the numbing drops are used excessively, they can cause serious problems and even blindness. We find them to be very helpful if used once or twice a day for the first 2 days as needed for severe pain. If there is still pain on the 3rd day or pain starts on the 3rd day, these numbing drops CANNOT be used. Please call the surgeon immediately.



Day After Surgery:

You should resume the drops as done the day of surgery. The surgeon to make sure the eye is healing normally will examine you. The vision will be quite blurred. Showering and bathing are fine, but try to avoid getting water purposefully in the eye. You can resume normal activities if tolerable.

The Following Days:

The contact lens is typically removed 5 to 7 days after surgery. Once the contact lens is removed, most patients notice daily improvement. The surface of the eye is remodeling so it is very important to keep it lubricated with artificial tears. This will help improve the vision and lessen discomfort and glare. Your surgeon will stop some of the medication drops during the postoperative visits as well.

The vision is usually pretty good after this first week. In rare circumstances, it can take a month before it is good. Don't worry. The entire healing process takes about 6 months after PRK. Often patients report glare and halos at night, but these resolve over the first few weeks to months.

Please call us immediately if you have any questions (818) 990-3623