

PRK AFTERCARE INSTRUCTIONS

- ❑ It is not unusual to experience discomfort for the first few days after treatment. Your eye may be light sensitive, watery, scratchy, or sore. The level of discomfort experienced will vary among patients. Many patients experience little or no discomfort the first few days. Some patients report having moderate pain for the first few days. Each patient's experience is unique. Although you should anticipate some degree of discomfort, we want you to realize that you are not out of the norm if the level is high or low.
- ❑ Your eyelids may be swollen after the procedure. The lids will gradually return to their normal appearance. You may use a cold compress to reduce the swelling if you wish.
- ❑ Your vision will probably be blurry for 2 to 3 weeks following the procedure.
- ❑ You will see large halos around lights during the first week.
- ❑ A bandage contact lens was placed on your eye to help healing. It will remain on the treated eye until the eye doctor removes it. If the bandage contact lens falls out, throw it away. Do not put it back in.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not rub the treated eye(s) for one week after your procedure.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye makeup until the doctor removes the contact lens. Mascara and eyeliner accumulate germs.
- ❑ If you are having just one eye treated, you may still benefit from wearing your glasses temporarily for the eye not treated.
- ❑ **Medications:**
 - **Wait 3 minutes between taking the different eye drops.** It does not matter which drop you use first.
 - **Prednisolone Acetate/Moxifloxacin (Pred-Moxi):** Combination antibiotic/anti-inflammatory eye drop, which helps prevent infection and helps the eye heal. **SHAKE WELL** before each use. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. You may stop the

drops if they run out. Many patients briefly notice an unpleasant taste in the back of their throats after using this drop. This is normal.

- **Artificial Tears:** Lubricant which helps with discomfort. You may use these drops or any other preservative-free eye lubricant to lubricate the eyes for dryness, burning, or irritation as needed, even during the first 4 hours after surgery. Lubricants may crystallize on eyelashes overnight, and can be removed by gently wiping with a clean, warm, moistened washcloth to your closed eyes.
 - **Tetracaine:** Fast acting pain control eye drop. You may use this up to 6 times during the first 4 days as needed for pain. **Do not use after the 4th day.**
 - **Ambien:** Sleeping medication. Take 1 pill at bedtime. Don't combine with other sedatives. You will sleep for several hours. **CAUTION: There have been reports of sleep driving in people taking Ambien.**
 - **Norco:** Pain medication. We will send a prescription to your pharmacy. Take 1 pill every 4 to 6 hours as needed for pain. Do not take on an empty stomach as it may cause nausea. In general, the **Tetracaine** is more effective than **Norco** at relieving pain.
- Your 1 day aftercare visit at Maloney Shamie Vision Institute is scheduled for: _____ and your 4 to 6 day visit is on _____ at _____ based on the doctor's recommendation.
- If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.