

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, while a few describe their first few days as painful. 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. This is caused by irritation following 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 may notice some redness in some parts of your eye. This is normal and will clear up in a few days as your eye heals.
- ❑ 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 1 week after your procedure.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 1 week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye makeup for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh makeup; old mascara and eyeliner accumulate germs. You may resume wearing the makeup you already have after 1 week.
- ❑ If you are having 1 eye treated (instead of both eyes on the same day), 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/Gatifloxacin (Pred-Gati):** 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 notice an unpleasant taste in the back of their throats after using this drop. This is normal and does not last.
- **Diclofenac:** Long lasting pain control eye drop. For the first 3 days apply 1 drop to the operated eye 4 times per day as needed for discomfort.
Do not use after the 3rd day.
- **Artificial Tears:** Lubricant which helps with discomfort. You may use these drops or other eye lubricant to lubricate the eyes for dryness, burning, or irritation as needed, even during the first 4 hours after surgery. Lubricants with preservatives should not be used more than 4 times a day as the preservative may irritate the eye. 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 during the first 3 days as often as needed for pain. **Do not use after the 3rd 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.**
- **Vicodin:** Pain medication. We will give you a prescription, which you can fill at a 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 **Vicodin** at relieving pain.

- Your 1 day aftercare visit at Maloney 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**.