

INSTRUCTIONS AFTER PRK/LASIK

It is extremely important for your smooth recovery that you carefully follow your doctor's instructions. Call the office should any concerns arise at (805) 987-5300.

UPON ARRIVAL HOME

- 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.
- 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.

EYE CARE AND MEDICATIONS

- If necessary, you may gently dab-dry the eyelids and lashes with your eyes closed. Be careful not to apply too much pressure - that could dislodge the contact lens.
- If your eyes itch, notify your eye doctor during the post-operative visit and a medication will be prescribed.
- You will receive a post-operative bag the day of surgery that will include protective shields.
- Wear the eye shields provided at bedtime (or when lying down) for 1 week or until the contact lens is removed. They should rest against the bones of the brow and cheek and not the eyelid.
- Do not wear eye make-up until the bandage contact lens comes out. When resuming the wearing of eye cosmetics (mascara, eyeliner) please purchase new products and discard the ones that you used prior to surgery.
- You will use the following eye drops in the treated eye(s):

Drop Schedule- post op supply kit

Besivance or Ofloxacin: 1 drop 3 times per day 1 for week

Prolensa: 1 drop 1 time per day for 2 days *if you are given *Diclofenac*, use 3 times a day*

Dexamethasone: 1 drop 3 times per day for 1 week then
1 drop 2 times per day for 3 months

Optional:

Comfort Drops (green bottle): 1 drop 2 times per day for 2 days (only if necessary)

Artificial Tears: 1 drop 4 or more times a day or as needed.

Drops from Pharmacy

Besivance or Ofloxacin: 1 drop 3 times per day 1 for week

Prolensa: 1 drop 1 time per day for 2 days or **Diclofenac** 1 drop 3 times a day for 3 days

Lotemax Gel or Prednisolone: 1 drop 3 times per day for 1 week then
1 drop 2 times per day for 3 months

Optional:

Comfort Drops: 1 drop 2 times per day for 2 days (only if necessary)

Artificial Tears: 1 drop 4 or more times a day or as needed.

WHEN PUTTING IN EYE DROPS

- Wash your hands before putting in the drops.
- Pull down your lower lid and place the drop in the pocket of the eyelid, holding the bottle tip away from the eye.
- Wait 1-2 minutes between each drop. The order that the drops are put in does not matter.
- You may experience a medicinal taste in the back of your throat after putting in drops; this is normal.

NORMAL THINGS TO EXPECT AFTER SURGERY

- It is normal to expect:
 - Light sensitivity and more tearing than usual.
 - Blurry vision for 5-7 days that continues to fluctuate for up to a few months.
 - A decrease in vision 2-4 days after surgery as the surface cells heal across the center of the eye. This will improve with time.
 - A burning sensation, grittiness, tearing, or pain in the eye that could be severe for the first 5-7 days.
 - Dryness of the eyes for up to several months; use of artificial tears will help to alleviate this.
 - Halos around lights at night, which gradually subside over a few months.
- Be careful not to touch the eye with the bottle, as this may dislodge the contact lens.
- Do not use anything in the treated eyes except above medications (unless otherwise directed).
- If you experience mild eye pain, take 1 or 2 Tylenol or Advil tablets every 4-6 hours as needed.
- If you experience moderate to severe eye pain following your surgery, you should ask us to call in a prescription for Vicodin and use as directed.

ACTIVITIES AND GENERAL GUIDELINES

- Avoid getting contaminated water in your eyes for 7 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzis, saunas and the ocean.
- When you shower, you may wash your hair and face, keeping your eyes closed while the water is on your face. Dry your eyelids by gently dabbing but do not put pressure on the eyes.
- Do not sleep with pets in your bed for 24 hours after the treatment. Clean linens should have been placed on your bed.
- 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.
- Avoid smoky and dusty environments until the contacts are removed (i.e. construction sites, stables, etc.)
- UV blocking sunglasses required when outdoors after surgery for a minimum six months.
- If in doubt about activities you can or cannot do, please call our staff.

IF YOU EXPERIENCE THE FOLLOWING, PLEASE CONTACT OUR OFFICE IMMEDIATELY AT (805) 987-5300.

- EXTREMELY SEVERE EYE PAIN
- SIGNIFICANT DISCHARGE, SWELLING, OR PUS IN THE EYES
- DRAMATIC DECREASE IN VISION

You need to return the day after surgery for a mandatory appointment. This appointment cannot be missed. Please call us to schedule if you have not already.

I have read the post op instructions and had the opportunity to ask questions and have them answered to my satisfaction.

Signature of Patient: _____ **Date:** _____

Signature of Witness: _____ **Date:** _____

Revised 4/2016