

INSTRUCTIONS AFTER PRK OR LASEK
LASER VISION CORRECTION

FOLLOWING YOUR TREATMENT:

- Follow up care is as important as the actual treatment. You will need an examination on the day following your treatment. This is to ensure that your eye is healing properly. Other appointments are necessary in order to check the visual stability of the eye.

- It is very important to use the eye drops that are provided in your post-op kit. **SHAKE THE BOTTLE BEFORE EACH USE.** You should start your drops about 4 - 6 hours after your procedure.
 - a) **NEVANAC** one drop 2 times daily for 3 days.

 - b) **ZYMAXID OR VIGAMOX** one drop 4 times daily for 1 week

 - c) **PREFORTE/OMNIPRED 1% :**
 - one drop 4 times daily for 2 weeks, then
 - one drop 3 times daily for 1 week, then
 - one drop 2 times daily for 1 week, then
 - one drop 1 time daily for 1 week.

 - d) **SYSTANE DROPS OR OTHER NON PRESERVED LUBRICANT TEAR DROP** one drop every 2 hours (to be used as the last drop in the sequence of drops) for 1 week, then every 4 hours for 3 months.

 - e) Pain medication after PRK or LASEK:
TORADOL AND OR TYLENOL WITH CODEINE, one of each every four hours only when needed for pain.

 - f) **500mg Vitamin C** chewable tablets: twice a day for 6 weeks, then once a day for another 6 months.

- When you leave the office following your procedure, you should go directly home, place the drops in your eye(s), eat if you wish and then go to sleep for several hours. When you awaken begin to use your medications. The lubricant is very important: it will make your eyes feel better. You are likely to have the sensation that there is something in your eye (like a poor fitting contact lens) for several days, and the lubricant will help to relieve this sensation. The drops are also very soothing when used chilled.

HOW TO INSTILL EYE DROPS:

- Gently pull lower eyelid down toward your cheek.
- Place drop on inner surface of the eyelid.
- Close the eye for 30 seconds after instilling the drop.
- Wait 10 minutes between each drop application.
- The lubricant drops should be instilled last.
- You do not need to wake up to take the drops during the night.

SYMPTOMS DURING YOUR RECOVERY PROCESS:

- **IRRITATION:** It is not unusual to feel as if there is an eyelash in your eye and your eye may sting and tear for several days. However, lubrication and time will improve your comfort.
- **LIGHT SENSITIVITY:** You may experience increased sensitivity to light for several days after your treatment. It is helpful to keep your eyes closed for the first hours following the treatment.
- **BLURRY VISION:** Your vision may be blurry and fluctuate for several weeks after your treatment, with possible **increased blurriness on the third or fourth day.**
- **READING VISION:** The procedure may affect your reading vision especially if you are over 40 years of age.
- **NIGHT GLARE:** This symptom is most apparent during the first several weeks of your recovery. Night glare usually resolves and returns to pre-treatment levels once both eyes have healed.
- Some discomfort or pain is expected after PRK or LASEK. Take the pain medication as prescribed and keep both eyes closed to reduce pain.
- Most patients are able to return to work several days after treatment.
- Please remember that everyone heals differently. Your progress will be monitored at regularly scheduled visits.

A FEW “DO’S AND DON’TS”

- Please go directly home after your treatment. You will probably feel best if you sleep for several hours.
- Avoid swimming and strenuous exercise for 3 days.
- Avoid dirty and dusty environments for 3 days.
- Do not wear mascara for 3 days.
- **IT IS IMPORTANT NOT TO RUB YOUR EYES AT ALL FOR ONE FULL MONTH.** Wrap around sunglasses (provided in your post-op kit) should be worn as needed for comfort as your eyes may be light sensitive.
- Showers and baths are fine, but avoid getting water into your eyes.

IF YOU EXPERIENCE ANY SYMPTOMS THAT CONCERN YOU, PLEASE CALL US AT 718-460-1200 AS SOON AS POSSIBLE. MOST CONCERNS CAN BE RESOLVED WITH A SIMPLE TELEPHONE CALL.

**PRK / LASEK
EYE DROP REGIMEN CHART**

Week	NEVANAC	ZYMAXID OR VIGAMOX	Pred Forte/ Omnipred 1%	Systane PF or other preservative free lubricant	Vitamin C 500 mg
1	2 times/day <u>3 days only</u>	4 times/day (Zymar);	4 times/day	every 2 hrs	2 times/day
2		—	4 times/day	4 times/day	2 times/day
3		—	3 times/day	4 times/day	2 times/day
4	—	—	2 times/day	4 times/day	2 times/day
5	—	—	1 time/day	Continue 4 times/day for 3 months	2 times/day
6					2 times/day
					Continue 1 time/day for another 6 months

Follow the above eye drop regimen unless instructed otherwise by the doctor.