



## PRK POST-OPERATIVE INSTRUCTIONS

### Before your surgery...

1. **PLEASE REMOVE ALL EYE MAKE-UP.** You may resume wearing make-up after 1 week.
2. **PLEASE WEAR WARM CLOTHING FOR YOUR PROCEDURE.** Because the laser suite is humidity controlled, the room tends to be cool.
3. **DO NOT WEAR CLOTHING THAT FITS TIGHTLY AROUND YOUR NECK** on surgery day or the first few days after surgery, as you will want something easy to pull off that won't rub against your eyes.
4. **PLEASE DON'T WEAR ANY PERFUM, COLOGNE, OR ANYTHING WITH A STRONG SCENT** on surgery day as it may affect the laser.
5. **MAKE SURE THAT YOU BRING YOUR PRESCRIPTIONS WITH YOU.** Please do not use the Vigamox, Lotemax, or if prescribed, the Valium until you arrive at our office on surgery day.
6. **BE PREPARED TO HAVE SOMEONE PICK YOU UP** from the reception area and drive you home after surgery. You will be in our office a total of 45 minutes to 1 hour on surgery day.
7. **DO NOT WEAR YOUR SOFT CONTACTS FOR 5 DAYS**, toric lenses for 2 weeks or hard contacts for 8 weeks before surgery.

### About your eye drops...

1. **Vigamox** is an antibiotic drop. This is used for 1 week. Our office will write you a prescription. Please bring the eye drop with you on surgery day.
2. **Lotemax** is an anti-inflammatory drop that is generally used four times a day, however, the frequency and duration may be adjusted by the doctor. Our office will write you a prescription.
3. **Preservative Free Artificial Tears** work effectively to lubricate the eye and reduce tearing. They should be used every half-hour (while awake) for 1 week, and every hour for 1 month after surgery. If your eyes are dry, feel free to use the preservative free tears more frequently. You should pick up additional preservative free tears (economy size box) for use after surgery.

### QUICK REFERENCE GUIDE

DAY	VIGAMOX	LOTEMAX	ARTIFICIAL TEARS
1	3 times (space at least ½ hr apart, can be used with LOTE MAX)	3 times (space at least ½ hr apart, can be used with Vigamox)	1 drop every ½ hour (while awake)
2 - 7	1 drop 4 times per day (breakfast, lunch, dinner, bedtime)	Per doctor's instruction at follow up visit.	1 drop every ½ hour. You will continue to use tears every hour, or more, for 30 days.

### USING YOUR EYEDROPS

- Wash your hands before instilling any drops.
- Shake your bottle before using it.
- Only one drop per eye is required. If you think you missed your eye, feel free to place another drop in.
- Tilt your head back and gently pull down the outer edge of the lower lid to create a "cup" and squeeze bottle slightly.
- Be careful not to touch your eye or eyelashes with the eye drop tip as you may infect your bottle.

### VIGAMOX & LOTE MAX

- Vigamox should be used 4 times per day (breakfast, lunch, dinner, bedtime). Starting with surgery day as "Day 1", you should use this drop for a total of 7 days (i.e. If surgery is Thursday, you would use them up to and through the following Wednesday).
- On surgery day, we will be giving you 3 doses of Vigamox & 1 dose of Lotemax before surgery. We need you to get 3 more drops of Vigamox and 3 more drops of Lotemax in your eyes by the end of the day. The first set of drops (Vigamox and Lotemax) should start as soon as you arrive home from surgery and before you lie down for your initial nap.
- It doesn't matter what order you put in the Vigamox and Lotemax, just as long as you space them out about 30 seconds apart (i.e. 1 drop of LOTE MAX then 30 seconds later a drop of Vigamox).
- It is not unusual to "taste" the eye drops after putting them in. Although unpleasant, this is normal.

### PRESERVATIVE FREE TEARS

- These should be used every ½ hour (while awake) during your first week after surgery and then once every hour during your first month.



- We encourage you to use these eye drops more frequently if you feel your eyes are dry. Preservative Free tears greatly help with the healing process.
- If you get something in your eye after surgery, such as an eyelash, please ONLY use the preservative free drops to try to dislodge it. If you can't flush it out with your preservative free tears, we will be happy to have you come in to our office to have one of our doctors remove it.
- NEVER use saline solution, Visine or any other type of eye drop during your first month after surgery unless told to do so by one of our doctors. If you require eye drops due to allergies, contact our office or your primary care physician for suggestions on eye drops that will not damage your eyes after LASIK procedures.

**IMMEDIATELY AFTER SURGERY**

- Because your eye is still numb from the anesthetic drops, blink your eyes frequently to ensure the eyes stay moist. Your eye will remain numb for about 30-60 minutes.
- Your eyes may feel slightly scratchy or burn with excessive tearing. This is normal. Feel free to use Ibuprofen or Tylenol to assist with any discomfort.
- While awake, be sure to use the Preservative Free eye drops every ½ hour. Do not assume your eyes are sufficiently lubricated because they are tearing. This lost fluid must be replaced with preservative free tears.
- **DO NOT READ, USE A COMPUTER OR WATCH TV** for the remainder of the day after surgery. Rest your eyes as much as possible, especially the first 4-5 hours after the procedure. We recommend sleeping or taking a nap.
- Use the goggles when sleeping for the first 5-7 nights to protect yourself from accidentally rubbing your eyes.
- Please do not drink alcoholic beverages for the first 24 hours after surgery. Alcohol has a drying effect on the eyes.

**YOUR FIRST 7 DAYS AFTER SURGERY**

- Continue to use the Lotemax according to the doctor's instructions, and the Vigamox 4 times per day (breakfast, lunch, dinner and bedtime) for a total of 7 days.
- Use the preservative free tears every ½ hour while awake (or more if you feel your eyes are dry).
- Driving is generally permitted 3 – 4 days after surgery, however, it may take up to 10 days before you will notice a significant improvement in your vision.
- Due to the nature of how the cornea heals, it is not uncommon to see better at day 3 then you see on day 7. This is normal.
- Do not wear eye makeup for the first week after surgery. We recommend you consider purchasing new eye makeup. Particularly mascara and/or eyeliner to ensure cleanliness.
- Do not touch or pat any area around the eye, particularly the first week after surgery.
- Avoid swimming, hot tubs, tanning beds and dirty, smoky environments for at least 3-4 weeks.
- Wash your face using a washcloth being careful to wash around the eye area (this area is from your cheekbone to your eyebrow). When taking a shower keep your eyes closed and make every effort to prevent the shower water from hitting your face. Wearing goggles in the shower or holding a washcloth in front of your face is often helpful.
- Most normal activities are permitted and will not influence the outcome of your surgery. We suggest waiting 4-5 days after surgery for regular exercise. For organized sports we recommend waiting at least 10 days. Also please consider purchasing eye protection. Sports goggles can be purchased at most sporting goods shops and most major retail outlets. Ask our doctor if you question how long you should refrain from participating.
- Be careful to avoid sweat entering the eye. A bandana or headband while working out may assist you.
- Motorcycles and convertibles are not recommended for the first 3 weeks after surgery.
- Since airplane cabins are pressurized, flying is not a problem, however the air in an airplane tends to be dry and you may notice a need for increased use of preservative free tears.
- Be careful when removing clothing. Try to avoid clothing that fits tight around the neck such as turtlenecks for the first week of surgery, including surgery day.
- It is not uncommon to see "halos" at night around headlights or bright objects for the first week to 3 months. This will gradually decrease in intensity and may eventually go away.

**Contact our office if you notice any of the following:**

• <b>Yellow stringy discharge from the eye</b>	• <b>A white spot over the pupil area</b>	• <b>Excessive burning or itching after using your eye drops (intolerable)</b>
--	---	--

**If you have questions, don't hesitate to contact us at 603-501-5000 or in an emergency if it's after our normal business hours, please call our answering service at 603-964-9192 to reach the MD on call.**