

## PRK POST-OPERATIVE CARE

1. **DO NOT RUB THE OPERATIVE EYE!** This includes touching the eyelids. Avoid activities which may subject your eye to accidental trauma. These restrictions will be lifted when your eye has sufficiently healed; talk to your doctor about your particular situation.
2. Use of sunglasses outdoors is strongly encouraged for the first 3 months. These will protect your healing eye(s) from the sun and accidental injury.
3. Wear the protective goggles over the operative eye(s) when you sleep or nap for 1 week (or longer if you think you may rub your eyes during sleep).
4. Do not use eye make-up for 1 week.
5. Avoid getting water into your eye(s) when washing for 1 week.
6. Refrain from the use of hot-tubs, saunas, or steam rooms for 4 weeks. No swimming for 2 weeks; you may wade after 1 week, if your doctor approves. For other activities, follow the restrictions below:

**Daily activities**.....to the extent your vision allows, you may resume activities of daily living. Remember, your vision will be blurry for 1-3 days or longer, until the surface layer of the cornea regenerates. Keep both eyes closed as much as possible for one to two days after surgery. It is strongly advised to take a 2 hour nap when you get home from surgery.

**Exercise**.....resume after the bandage contact lens is removed by your doctor, and you feel comfortable with your vision. Do not participate in contact sports such as basketball, football, etc., until healing is underway, and always wear protective eyewear.

**Gardening**.....resume after 2 weeks.

7. Unless otherwise instructed, use your eyedrops as follows:

### Immediately after surgery:

Zymar                                      One drop every 2 hours while awake.

Pred Forte 1% (do not use generic)  
One drop every 2 hours while awake.

Acular                                      **Optional:** One drop **up to** 4 times a day, if significant discomfort.

Artificial tears                              One drop **every hour** while awake (do not have to use when napping or sleeping). Use preservative-free artificial tear drops; these are the boxed, single-use tear drops with the twist-off tab tops (e.g. TheraTears).

**Starting the following day:**

Zymar	One drop 4 times a day.
Pred Forte 1% (do not use generic)	One drop 4 times a day.
Acular	<b><u>Optional:</u></b> One drop <b>up to</b> 4 times a day, if significant discomfort.

8. Immediately after surgery, your vision will be blurry. Do not be alarmed. It will not clear to any significant degree, until the surface layer of the cornea heals (usually 1-3 days or possibly longer). There will be continued improvement in the days that follow. The time required to achieve the best possible vision will depend on the degree of your nearsightedness or farsightedness. Expect your vision to fluctuate. It may take a few weeks for this to resolve.

Your ability to drive safely will depend on how quickly your vision improves. Most patients can resume driving 1-3 days after surgery. You may have more difficulty at night, as many patients experience temporary glare and halos.

9. You may experience some degree of discomfort for the first day or two. Most patients do not experience what can be described as significant pain. A foreign-body or scratchy feeling is common. The teardrops provided will help to relieve these symptoms, and your doctor will prescribe a strong prescription pain medication and sleeping pill, in case you require them.
10. If your vision decreases, pain develops, or redness increases, call your doctor at the office. If the office is closed, do not hesitate to page him at **(313) 714-9899**. If you have difficulty with the paging system, call the answering service at **313-396-0524**. Your doctor will be available day and night.