

Modern PRK Post-op Instructions

Your vision will take from one to five weeks to functionally improve and up to 6 months for final results. Please follow the post-op instructions listed below to maximize your results:

1. A “bandage” contact lens will be placed on the eye at the time of surgery for up to 5 days after surgery. You do not need to remove the lens. If the lens falls out, do not replace it but call our office immediately. Avoid rubbing your eye during this time.
 2. Eye Drops:
 - a. Antibiotic (Zymar, Vigamox, Quixin):
 - Place 1 drop in operated eye at bedtime on the day of surgery
 - Beginning the day after surgery, place 1 drop in the operated eye 4 times a day for 1 week then discontinue.
 - b. Steriod (Econopred):
 - Place 1 drop in operated eye at bedtime on the day of surgery
 - Beginning the day after surgery, place 1 drop in the operated eye 1 time a day until the bandage contact lenses are removed.
 - Once the contact lenses have been removed, place 1 drop 4 times a day for 1 month, then 3 times a day for 1 week, then 2 times a day for 1 week, then 1 time a day for 1 week unless otherwise directed by the doctor.
 - c. Artificial Tears (Systane, Refresh, TheraTears, Bion Tears): Place 1 drop in operated eye every 2 hours.
 - d. Comforting drops (Tetracaine): Use as necessary, no more than 6 times a day. Keep this medicine refrigerated when not in use.
- * Put drops in 5 minutes apart from each other**
3. Pain Medication:
 - a. Vicodin: 1 tablet by mouth every 4-6hrs as needed for pain.
 - b. Phenergan: 1 tablet by mouth every 4-6hrs as needed for nausea, vomiting and to help you sleep.
 4. Try to sleep as much as possible the first three days after surgery, this will speed your recovery.
 5. Wear the taped shields to sleep every night until your bandage contact lenses have been removed.
 6. After the bandage contact lenses have been removed, you may switch to the goggles to sleep for the next 7 nights.
 7. Use sunglasses whenever outdoors for the first 3 months after surgery. You may possibly need them indoors for the first 2 weeks as well.
 8. No swimming, spas or hot tubs for 3 weeks and tanning booths for 1 month after surgery.
 9. While showering avoid getting water, soap and shampoo in your eyes for the first week.

What to expect after the surgery...

Your vision may be “ok” after surgery. It tends to become less clear during the first four days and then gradually improves. Vision may worsen before it gets better. During the healing phase it is common to experience light sensitivity, foreign body sensation, redness and tearing. You may use the prescribed pain medications to ease the discomfort if needed.

Please feel free to call us with any questions or concerns at anytime. (877) 484-2020