

- Upon arriving home instill 1 drop of Systane lubricating drops, **Ofloxacin** (antibiotic), **Fluorometholone** (steroid), and **Bromday** (non-steroidal anti-inflammatory) drops then take first sleeping pill. After awaking from nap remove shields again to instill another drop of Systane lubricating drops, **Ofloxacin** (antibiotic), **Fluorometholone** (steroid), and **Bromday** (non-steroidal anti-inflammatory) drops. Before returning to bed take the second sleeping pill and re-tape shields.
- Most PRK patients will experience some level of pain (varying widely from mild to significant), as well as light sensitivity, tearing, stinging or gritty sensation for 3-5 days following surgery.
- To help minimize discomfort, a bandage contact lens will be applied during your procedure and will remain in place until your 1 week appointment. If the contact falls out, please call our office. Do not try to put it back in. Instead, tape one of the sterile eye pads (provided in the surgery bag) over your closed eye. Leave in place until next appointment.
- To provide additional pain relief, apply cold compresses directly to your closed eyes. Damp wash cloths that have been stored in the freezer or bags of frozen peas wrapped in a towel work well. Be careful, however, not to get water in your eyes.
- Functional (but not perfect) vision will return in 4-7 days after surgery and will continue to improve over the next few weeks. Your vision will fluctuate during the healing process, and it may take several months for your vision to completely stabilize.

EYE DROPS

HOW OFTEN?

Zymaxid/Ofloxacin (Prescription Provided)	1 drop 4 times a day until your bandage contact lens is removed
FML/Fluorometholone (Prescription Provided)	1 drop 4 times a day for 2 weeks then, twice a day for 2 weeks
Bromday (Prescription Provided)	1 drop once a day for 4 days
Systane Lubricant Drops Preservative free (Over-the-Counter)	1 drop every hour for 7 days then, 1 drop 5-6 times a day for 1 month
Tylenol w/Codeine (Prescription Provided)	Take 1 tablet every 4 to 6 hours or as needed for pain.
Tetracaine Anesthetic (Numbing drops) (Provided on the day of surgery)	1 drop as often as needed for 3 days - Wait 10 minutes between doses to give the first dose time to start working.

What to expect following surgery

- For the rest of the night, leave the shields on your eyes until morning, keeping them well sealed. Remove them only to add drops then re-tape them. Wear the shields for an additional 6 nights following surgery.
- Do not drive for at least 12 hours. Use your best judgment and drive only when you feel confident about your vision.
- You can take a bath or shower, but avoid getting soap or water in your eyes for three days.
- Wait 3 days to jog or workout and wear safety goggles for contact sports and work if needed.
- Continue to use all eye drops as instructed regardless of how your eyes feel or how well you see.
- To avoid washing out one set of drops with the next, wait at least 2 minutes between applying drops
- For the first week:
 - Travel is not recommended
 - Do not wear eye makeup. When you begin again, remove makeup gently.
 - Be careful around children and small pets.
 - Stay away from water immersion or water sports (including pools and tubs).