

Las Colinas Ophthalmology Association
PRK Post-Operative Instructions

The following instructions will assist you in the proper care of your eyes. Call 972-556-1915 if you experience unusual symptoms not addressed below.

- The anesthetic eyedrops used to perform the PRK will wear off in 20 - 30 minutes. Wear sunglasses and a cap with a visor on the ride home. Take a pain pill with crackers once you get home. Take a nap.
- Eye drops will be used following surgery. Instill one drop by gently pulling down the lower eyelid avoiding contact with the eye or lashes. Wait approximately 5 minutes between drops.

Evening of surgery:

Prolensa: One drop in each eye after nap and before bedtime

Besivance: One drop in each eye after nap and before bedtime

Lotemax: SHAKE VIGOROUSLY before use. One drop in each eye after nap and before bedtime

Beginning the day after surgery:

Prolensa: One drop in each eye 4 times per day until gone

Besivance: One drop in each eye 4 times per day until the bandage contact lens is removed

Lotemax: SHAKE VIGOROUSLY before use. One drop in each eye 4 times per day for 3 weeks; then 3 times per day for 3 weeks; then 2 times per day for 3 weeks; then once per day for 3 weeks. It is important to follow the schedule exactly to prevent haze in the cornea.

Artificial tears: One drop in each eye as needed for discomfort, watering or dryness

- A bandage soft contact lens has been placed to promote healing and to reduce pain. It should remain in place for 2 - 4 days until removed in the office. If the contact lens should become dislodged, do not try to replace it. Call the office for instructions.

- Eye pain ranges from minimal to severe, but will improve within 24 – 48 hours after the procedure. Take the prescription pain pills as directed, one every 4 – 6 hours as needed for severe pain, up to a total of 6 in a 24 hour period. They will also help you sleep, a good way to pass the first 18 hours as the cornea heals. If you experience itching of the skin, discontinue the pain pills immediately as an allergic reaction is not uncommon. Alternatively you may take over-the-counter pain medication of your choice, every 4 – 6 hours. A damp cool cloth placed gently over the eyes helps relieve discomfort.
- The vision will be blurry for the first 5 days. It is due to the healing of the corneal surface and IS NOT related to the success of the procedure. Good vision will be obtained gradually between 5 – 14 days. The vision stabilizes over 2 months as the layers of the cornea continue to heal. Fluctuations in the vision are common during this time, and the eyes may heal at different rates.
- Rest and sleep are recommended for the first 24 – 48 hours. Listening to music or TV or movies is acceptable. Computer use and reading are not recommended for the first 24 – 48 hours, since the concentration required will cause the bandage contact lens to dry out. Do not drive until the bandage contact lens is removed in our office.
- Do not wear eye makeup until the bandage contact lens is removed. Use regular mascara and eyeliner, rather than waterproof products, for the first month.
- Avoid rubbing the eyes for 14 days. You may take a shower the morning after the procedure taking care not to get soap or water in the eyes for 14 days. Rinse the eyes with artificial tears if needed.
- You may resume normal activities once the bandage contact lens has been removed. Resume full athletic activities and strenuous exercise after 5 days, except no swimming or water sports for 14 days. If you plan to participate in an activity that puts you at increased risk of being hit in the eye (contact sports, racquet sports) you must wear eye protection (goggles or impact resistant glasses) for 2 months.
- You may experience light sensitivity or glare around bright lights. It is normal and will improve as the eyes heal. Protect the eyes from bright sunlight with UV400 sunglasses indefinitely.