



## PRK Post-Operative

### MEDICATED DROPS:



#### **Vigamox (Antibiotic):**

**1 drop (each eye) 4 times a day for 6 days, or until gone**



#### **Omnipred (Anti-Inflammatory):**

##### **SHAKE WELL**

**1 drop (each eye) 4 times a day for 4 weeks**

**1 drop (each eye) 3 times a day for 2 weeks**

**Unless otherwise instructed.**



#### **Nevanac (Non-Anti-Inflammatory):**

##### **SHAKE WELL**

**1 drop (each eye) 4 times a day for 3 days (discontinue use after Day 3).**

#### **Medication Instructions [Vigamox, Omnipred and Nevanac]:**

- Nevanac will blur your vision for a few minutes.
- Wait 2-5 minutes between drops so that the medications do not wash each other out.
- It is not necessary to interrupt your sleep (nap or night) for the medicated drop schedule.
- Follow physician directives on frequency and timing of drops if other than listed above.

#### **Artificial Tears (not pictured) twist top/single use:**

- Use only preservative-free eye drops during the first week following surgery. Subsequently, you may use preserved drops that are available in larger, multi-use bottles.
- Administering Drops: Do not lift top eyelid. You may pull down gently on lower lid if necessary to put drops in.
- Usage: May start using day of or day after surgery. Use at least once an hour (while awake), but may use more often as desired. You cannot use these too often. One drop each eye.

#### **Additional Instructions:**

- **Wear provided clear eye goggles at night for 5 days.**
- **Wear provided dark glasses or high-quality sunglasses in bright sunlight, overly bright rooms, or on windy days for first week.**
- **Do not rub, bump, poke, scratch, or touch your eyes.**

Below are reminders from the consent form.

Following Surgery: After your surgery today, expect some discomfort such as a foreign body sensation, burning, stinging, red spots, and/or watering. These sensations are normal and usually resolve within 2-4 days (each patient varies).

- **Avoid rubbing, bumping, or scratching the eye;** instead use lubricant drops for irritation.  
Note: The desire to rub your eyes will be a natural instinct; however, you need to wait a few weeks for even the most gentle and light rubbing. For now, **dab and pat only**.
- Rest your eye(s) for 3-4 hours following the procedure and avoid reading, using computers, and watching television on the day of surgery.
- Avoid alcohol.
- No swimming or use of hot tubs.
- Wear sunglasses when outdoors.

General Instructions:

- **Headache** – Use over-the-counter medications like Advil or Ibuprofen. Do not take Tylenol in conjunction with Vicodin.
- **Use a bath, not shower** for the first 24 hours in order to avoid soap, shampoo, or water getting in your eyes.
- **Showering** is okay on the day after surgery. Avoid eye contact with direct flow from the shower head.
- **Driving** is okay once the surgeon clears you. Generally, this is after the contact lens removal appointment.
- **Avoid areas** or situations with a lot of dirt, dust, debris, pet hair, fuzz, or lint.  
Note: If you encounter these things, do not rub the eye. Flush with lubricant.
- **Fluctuation** – It is normal for your vision to fluctuate slightly until the cornea heals. Increased use of lubricating drops could help reduce fluctuation. This can occur for up to 1-2 months post **PRK**.
- You may begin wearing eye make-up (i.e., eye shadow & mascara) 2 weeks after **PRK**.
- Complete all post-operative care as instructed.

24 Hours after Surgery:

- Reading, watching television, and using a computer are acceptable as long as adequate eye lubrication is maintained.
- Flying in an airplane is all right, but keep the eye generously lubricated (every 30 minutes) since airplanes have very dry air.
- Driving may be resumed if adequate vision is confirmed at the 5-6 day contact lens removal appointment.
- When showering, keep your eyes closed while washing face and hair. Do not rub your eyes when toweling off.

One Week after Surgery and Beyond:

- You may resume normal activities with caution, paying attention to any potential for eye injury. For extreme sports, extreme environments, or unusual activities, please consult with your eye doctor.

Surgery Counselor: \_\_\_\_\_

By signing above, I am indicating that I have reviewed pre- and post-operative instructions with the patient and I have given the patient an opportunity to ask questions prior to surgery.

**After-Hours Emergency Number: 206-683-7231**

For calls between 8 am – 5 pm

RENTON: 425-687-7700 • SPOKANE: 509-464-2020 • BOISE: 208-375-6700

CENTRAL OREGON: 541-923-0707 • S. PORTLAND: 503-858-1308