



PRK POST-OP INSTRUCTIONS

Instill one drop into each operated eye. Wait a few minutes between drops and lightly close eyes after using each drop.

Drug	Instructions
Antibiotic- Polytrim	Use 4 times daily for 10 days
Anti-Inflammatory- Prednisolone	Use 4 times daily for 2 weeks, then 2 times daily for 2 weeks.
Eye Pain Reliever	Prolensa Ilevro Once a day for 3 days OR Diclofenac Nevanac No more than 3 times a day for 3 days
Preservative Free Vials (artificial tear drops) NO BOTTLES!	Use EVERY 30 MINUTES day of surgery until bedtime. When you wake up, begin again every 30 min for post op appointment. Keep using as doctor instructs you to do so. We carry Retaine here in our office at your convenience for \$20.

<p>Norco 5 mg (pain medication) Phenergan 25 mg (anti-nausea and sleeping aid)</p>	<p>These medications are only needed to help with discomfort. Follow pharmacy directions.</p>
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A good way to remember the drops 4 times daily is breakfast, lunch, dinner, and bedtime. Use drops during waking hours. You may keep drops in the refrigerator. A cold pack can also be used for discomfort. **BRING ALL DROPS TO THE POST OP VISIT.**



PRK POST OP INSTRUCTIONS

AFTER THE SURGERY-

- We recommend sleeping as much as possible for the next 3-4 days. This helps with the healing process.
- Discomfort is common and can be severe at times. The more you rest and follow the instructions, the more comfortable you will be.
- You can chill your artificial tears in the refrigerator to increase comfort and decrease inflammation.
- We will place bandage contacts in your eyes which will help to heal and protect the cornea. You will need to make an appointment to have them removed in 7-10 days.
- Your vision will be foggy for the first week, because of this your vision may not be adequate to drive.
You may return to work and/or drive when Dr. Davis has given you permission.
- 500mg of Vitamin C daily is recommended to help with healing.
- If you notice severe pain or a sudden decrease in vision, call us immediately.

801-253-3080

OTHER IMPROTANT PRECAUTIONS-

- Your vision may fluctuate for the first several weeks, and may not reach total clarity for up to 3 months.
- You may experience halos and glare around lights at night for up to 2 months.
- No eye makeup for 5 days after surgery. It is recommended that you buy new mascara and eyeliner.
- Avoid getting soap or water in your eyes when showering for the first week.
- Wear your shields while sleeping or napping for 4-7 days.
- Do not rub or bump your eyes for at least 2 months after surgery.
- No swimming or hot tubs for 2 weeks.
- Use protective eye wear when participating in activities or sports that may result in impact to the eye for 3 months.
- No waterskiing or jet skiing for 2 months.
- No snow skiing or snowboarding for 2 weeks. Wear a good pair of goggles when participating in these activities after the 2 weeks.
- No working out for 1 week.
- With PRK it is so very important to wear dark glasses (sunglasses) to prevent hazing for 1 year.