

PRK Post-Operative Instructions

What to expect after PRK Surgery:

- Your vision may be fairly good the first 12-24 hours after surgery. It is normal for your vision to then get worse for the next several days as your cornea heals.
- You may not experience much discomfort for the first 12-24 hours after surgery. Our patients tend to report more discomfort on the 2nd and/or 3rd day after surgery.
- You can help prevent pain by taking your pain pills as directed for at least the first three days after surgery.
- You can help prevent pain by using ice as soon as you get home, even if your eyes don't hurt. You can use the provided gel packs, a bag of frozen peas, or an ice bag, for approximately 10 minutes every hour while awake for the first 2-3 days after surgery. Ice helps to prevent and relieve corneal swelling, which is a major source of post-operative pain.
- You can use the Tetracaine up to every 2 hours for pain relief. Our studies have shown that Tetracaine does not slow healing as long as you do not exceed one drop every two hours. If your eyes don't hurt, don't use Tetracaine. Tetracaine must be refrigerated after it is opened.
- You will most likely become extremely light sensitive. You can wear your sunglasses, even while indoors if necessary, for the first few days after surgery. Avoid bright light.
- Your eyes will tend to swell when they are closed for long periods, so they may be very sensitive upon awakening. If you awaken with pain, use your Tetracaine for fast relief, then use ice for 10-20 minutes to reduce swelling and pain.
- Your eyes may water excessively at times and that may make your eyelids heavy and puffy. Even if your eyes water a lot, continue using your lubricating drops as directed.
- Once you feel that your pain, discomfort, and light sensitivity levels have improved, usually on the third or fourth day after surgery, you can stop using the pain pills, ice packs, and Tetracaine. Continue using your antibiotic, steroid, and lubricating eye drops as directed.

General Guidelines:

- You can refrigerate all of your eye drops. They often feel better when chilled.
- Use only one drop of each medication at a time. The eye only holds one drop. Extra drops will be wasted, causing you to run out of your medications too early.
- Always instill eye drops about 5 minutes apart so they don't become diluted.
- It is okay to watch TV, listen to music, audiobooks, etc. Computer use and reading may sometimes make your eyes uncomfortable due to blurred vision, screen brightness, and increased eye movement.
- You can gently clean around your closed eyelids with a dry or wet tissue or towel. We recommend using disposable products to help prevent infection.

Contact us for any of the following reasons (see contact information on reverse):

- If a contact lens falls out. Do not attempt to reinsert the lens yourself.
- Excessive pain not controlled by medication or ice therapy.
- Uncontrollable nausea or vomiting.
- Severely reduced vision.
- Significant thick discharge from eyes other than tears.