Phototherapeutic Keratectomy (PTK)
Post-Operative Instructions

IMMEDIATELY AFTER SURGERY
You should plan to go straight home and take a nap. If you are unable to sleep, try to rest and keep your eyes closed. If you are uncomfortable, take one pain pill, which can be repeated once every 6 hours, as needed. After surgery, you should not drive a car or operate machinery for the remainder of the day. You should not attempt stairs unaided immediately following surgery. Following your PRK procedure, you will be wearing a "bandage lens" in your operative eye to help with postoperative discomfort. Dr. Koenig will determine when this bandage lens should be removed. It is normal for your eye to be sore. Do not rub your eye.

MEDICATIONS
   Valium – You will be given a prescription for Valium. Please have this prescription filled prior to your surgery. Bring this medication with you to your surgery, but do not take until instructed.
   Pain pills – You will be given a prescription for pain pills. Please have this prescription filled prior to your surgery. Bring this medication with you to your surgery, but do not take until instructed. Plan to one pill after your surgery, before you leave the laser center, and then every 6 hours as needed for discomfort.
   Ointment - You will be given a prescription for a tube of antibiotic/anti-inflammatory ointment. Please have this prescription filled prior to your surgery. Bring this medication with you to your surgery, but do not use until instructed. Plan to begin using after your surgery, four times a day until instructed otherwise by Dr. Koenig.
   Artificial tears may be used as needed, however they must be preservative free. Avoid taking the medication Isotretinoin, brand name Accutane®, for six months following surgery. (This medication is typically prescribed to treat acne.)

PROPER WAY TO USE OINTMENT:
You should start by washing your hands. Next, tilt your head back. Using your index finger, press gently on the skin just beneath your lower eyelid, and pull the lower eyelid away from the eye to make a space. Squeeze a thin strip of ointment into this space. Usually a ½ inch strip of ointment is enough, unless Dr. Koenig instructs you to use a different amount. Let go of the eyelid and gently close your eye, keeping it closed for 1 – 2 minutes.

To keep the medication as germ-free as possible, do not touch the applicator tip to any surface (including the eye). After using the ointment, wipe the tip of the ointment tube with a clean tissue and keep the tube tightly closed.

(continued on back)
GENERAL CLEANLINESS
Do not get anything in your eye during the first several days after surgery, especially particulate matter, such as sand, eye make-up or facial scrubs. If you do, your eye will hurt and you will greatly increase the risk of infection. Keep all foreign matter out of your eye, including soap and water. Avoid swimming pools and hot tubs for 2 weeks. **Do not rub your eye the first month after surgery.**

FIRST DAY AFTER SURGERY
You will have an appointment with Dr. Koenig at the Eye Institute on the day following your surgery. It is normal for your eye to be sore and your vision to be hazy. Please do not touch your eye. If the bandage contact lens falls out, leave it out. Do not attempt to replace it yourself. Call Dr. Koenig’s office at 414-955-2020 and select option # 4 to make arrangements for the bandage lens to be replaced as soon as possible.

THE FOLLOWING DAYS
Expect your vision to be hazy for 1 - 2 months after surgery. You may notice some light sensitivity or glare. Post-operative pain will subside within 3 - 5 days.

FOLLOW-UP VISITS
Dr. Koenig will need to see you at the Eye Institute for follow-up appointments one day, one week, one month and three months after your surgery. Additional appointments will be decided upon at that time. During the earlier visits, your medication instructions may change somewhat. If you are experiencing any unusual problems, please call Dr. Koenig’s office **immediately** at 414-955-2020, and select option # 4 to speak with a nurse.

**You will need to schedule follow-up appointments with Dr. Koenig:**

- One day after surgery
- One week after surgery
- One month after surgery
- Three months after surgery

**Location:** The Eye Institute  
925 N. 87th Street  
Milwaukee, WI  53226

**Questions:** Call Lisa at 414-955-5274 with any scheduling or billing questions. Medical questions should be referred to a nurse, who can be reached at the number listed below.

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**IN CASE OF AN EMERGENCY**

**MONDAY – FRIDAY:** 414-955-2020, & select option # 4 to reach a nurse  
(8:00 AM – 4:30 PM)

**AFTER HOURS:** 414-805-6700