

Rockland Eye Physicians and Surgeons

Pre-Op/Post-Operative Instructions

For

PRK Surgery

Before your surgery ...

1. **Make sure to take your pre-operative eye drops given by the office starting 2 days before surgery.**
2. Please remove all eye makeup, jewelry, and perfume during the day of surgery. You may wear eye makeup and perfume 2 days after surgery.
3. Please eat or drink something prior to your surgery.
4. In case your surgery time is delayed, bring something to read to fill the time.
5. Please take 1-2 tablets of **Tylenol** or **Advil** approximately 2 hours before surgery.
6. Be prepared to have someone pick you up from the surgical reception area and drive you home.

Your medication eye drop instructions ...

1. Use **Vigamox** 1 drop 4 times per day and **FML** 0.1% 1 drop 4 times per day. Start 1 hour after surgery. Allow 3 to 5 minutes between each drop. Be sure to get in a total of 4 drops of **Vigamox** and 4 drops of **FML** on the day of surgery. Continue to use 1 drop 4 times per day until further instructions.
2. Use plenty of **Artificial Tears** at least 1 drop every hour to two hours (during waking hours) for the next 2 days. Afterwards, use 1 drop 3 to 4 times per day.
3. For pain relief, use **Acuvail** 1 drop 2 times per day as needed.

4. Use **Tylenol** or **Advil** if all the above do not help to relieve pain.
5. Place all eye drops medications in the refrigerator. Cold eye drops can help reduce pain and increase comfort.

About your eye drops ...

1. **Vigamox** is an antibiotic medication. This is used until the eye's surface layer (epithelium) has re-healed, usually 3 - 4 days.
2. **FML** is a mild steroidal drop. This is initially used to reduce the risk of haze and scarring. It may also be re-introduced to influence the desired end result.
3. **Artificial Tears (Systane)** is not a medicated drop. It works effectively to lubricate the eye and keep the contact lens moist and clean. It also works to keep the eye comfortable and reduce excessive tearing.
4. **Acuvail** is a non-steroidal anti-inflammatory drop. Use up to 2 drops per day as needed for pain control.
5. **Tylenol and Advil** are tablets for pain relief. **If you react to this medication (nausea, dizziness, etc.), then DISCONTINUE using the tablets.**

Using your eye drops ...

1. Wash your hands before instilling any eye drops.
2. One drop per application is all you need for medicated drops.
3. Allow 3 - 5 minutes for absorption between different drops.
4. Shake your bottle before using it.
5. Tilt your head back, pull down the outer edge of the bottom eyelid to create a cup, and squeeze the bottle gently.
6. Avoid touching your eyes and eyelashes with the bottle tip as you might contaminate your bottle.

In the immediate first hour after surgery ...

1. Because your eye is still numb from the anesthetic drops, blink your eyes frequently to ensure the eyes and the bandage contact lenses remain moist.
2. Your eye will remain numb for about 30 to 60 minutes, which is often the peak time for the bandage contact lens to dry and fall out.
3. Use the **Artificial Tears** to moisten your eye.

If there is pain when the bandage contact lens falls out ...

1. If you are experienced in wearing **SOFT** contact lenses, then replace the missing contact lens with our spare contact lens after washing your hands.
2. If you have never worn soft contact lenses, then call us to replace it for you.
3. If your eye doesn't bother you at all, then leave the contact lens out and continue with your eye drops as usual.
4. To prevent infection and possible contamination **NEVER** try to re-insert a used contact lens.

During your first week of recovery ...

1. Wear sunglasses as needed for comfort. It is common for the eye to become light sensitive for some time after surgery.
2. We recommend you avoid reading, computer work or television watching for at least the first 12-24 hours.
3. Continue using your eye drops as instructed.
4. Avoid swimming, as well as smoky and dusty environments for at least 2 - 3 weeks. When showering or bathing, try to avoid rubbing the eye or getting it soapy. The full force of a shower spray has enough power to dislodge the bandage contact lens. When drying off, try to pat around the eye.

5. It is normal for your vision to fluctuate while you are healing. This is true especially when your bandage contact lenses are removed 2 to 3 days after surgery.
6. We encourage you to sleep and rest as much as possible, especially during the first 24 hours after surgery.
7. Use a cold washcloth or ice over the eye for additional comfort.
8. Most normal activities are permitted and will not influence the outcome of your surgery. Regular exercise and lifting of weights is not a problem. Be careful to avoid sweat entering into the eye. The comfort of your eye should serve as a guide.

If the following happens, please notify us ...

1. A yellow stringy discharge from the nasal side of your eye.
2. A chalky white spot showing over the pupil area.
3. The contact lens falls out and your eye now hurts.
4. If your pain level has not improved over 2 days.
5. If you feel a "burning sensation" in excess of 1 day as a result of the eye drops.

845-947-2240

OR

845-624-4455

This number reaches our secretaries during office hours. After office hours, you will speak with our answering service who will contact our on-call physician.

If you do not get a response after 30 minutes, please try again.