

Wasatch View LASIK



PRK Post-Operative Instructions

Medications/drops:



Ocuflax is an anti-biotic and is used to avoid getting an infection. One drop is to be put into each operated eye 4 times per day for 10 days. This typically means using it at breakfast, lunch, dinner and at bedtime. It usually has a tan lid. A prescription is required for Ocuflax.



Pred Forte is an anti-inflammatory used to control the healing process. One drop is to be put into each operated eye 4 times per day for one week, then 3 times per day for one week, 2 times per day for one week and 1 time per day for one week. Pred Forte is a suspension and will separate into different components. To avoid this it should be shaken for well for 30 seconds prior to each use. It usually has a pink lid or label. A prescription is required for Pred Forte.



Preservative-free artificial tears are very important to use post-operatively because they hydrate the cornea, which facilitates the healing process. Artificial tears need to be used every ½ hour for 3 days and then at least every hour for the next 3 weeks. Preservative-free artificial tears are recommended because artificial tears with preservatives have an accumulative effect to cause discomfort and irritation when used on such a frequent basis. Boric acid as a preservative is acceptable because when it interacts with the air after leaving the bottle it dissipates. The recommended brand is Refresh Plus. Artificial tears can be found over-the-counter.



Norco/Ibuprofen are to help manage the pain associated with PRK. A prescription for Norco is given that can be taken every 4-6 hours. Norco is better taken with food. In between taking Norco about 400 milligrams of ibuprofen can also be taken (do not take more than 2400 milligrams in a 24-hour period).

Pain Management: It is better to stay on top of the pain and not let it get out of control for the first 48 hours after surgery. A bandage contact lens and a drop that relaxes the eye (it makes the pupil larger and focusing more difficult) are applied after the surgery. Place your eye drops in the refrigerator and a cold pack can be placed directly on the eyes.

Post-op visits: Patients are typically seen 1 day, then 4 days for contact lens removal, 2 weeks and 2 months after their surgery

Instructions:

- It is not necessary to apply drops at night when sleeping
- Do not drive until you feel comfortable doing so for safety reasons
- The corneal skin that was removed during the surgery will completely cover the cornea in about 2 days. Until this time significant discomfort/pain is expected. Over the next 4-6 weeks vision will gradually improve.
- While sleeping or napping wear your protective eye shields for the first week, this will prevent you from accidentally bumping or rubbing your eyes
- Avoid strenuous exercise for 1-week, no high-impact water sports or scuba diving for 4 weeks
- Don't allow water or soap in your eyes for at least one week
- Avoid makeup for two weeks and should be replaced with new
- No swimming, hot tub, snow skiing or snowboarding for 2 weeks
- Protect your eyes from bright sun and wind for 1 month
- If you notice increasing pain or a sudden decrease in vision – call us immediately

Expectations:

- Dry eye-it is very common to have after refractive surgery; common symptoms include burning, tearing, temporary blurring of vision and foreign body sensation
- Fluctuating vision-your vision may fluctuate for the first several weeks as it heals
- Glare/Halo-some patients have glare/haloes at night around lights in the dark for the first few weeks, this typically goes away