

- PRK -

Post-operative care AFTER removal of bandage contact lenses

Medications:

After your contact lenses are removed you will only need to continue with two of the medications that were given to you by the pharmacy. Discontinue all meds except:

- 1) Refresh lubricating drops: Place one drop in each post-operative eye at least every four hours, but you can use these drops *as often as you like*
- 2) FML (flourometholone) drops: these are the drops that look like milk after the bottle is shaken well. Place one drop in each post-operative eye four times a day until your next post-op visit. You will be given further instructions on how to taper these drops at future appointments

Activity:

No swimming, hot tubs, ocean or pools for 3 weeks after surgery

Keep your eyes closed while showering or washing your face for the first week

You can resume most activities, as tolerated, the day after your contacts are removed

It is OK to exercise but try to keep excess perspiration out of your eyes for the first week

Avoid any physical activity that could involve eye trauma for 4 weeks after surgery

Unless directed otherwise, you may drive personal vehicles if you feel comfortable

It is recommended that you use appropriate UV eye protection in order to maintain your long-term eye health. Surfing/beach activities cause significant UV exposure that greatly increases your chances of corneal scarring after PRK. Corneal scarring, and decreased vision, can occur after PRK if your eyes undergo significant UV exposure.

Post-operative vision expectations:

It is normal to have glare, halos, or dry eye symptoms for the first 2-3 months after surgery. These symptoms typically fully resolve spontaneously as the eye continues to heal. Sensitivity to light is common for the first 7-10 days after surgery. It may take 2-3 months until you get to your final stable vision and, until then, your vision in each eye may fluctuate on a day-to-day basis. Try not to be concerned about this as most patients go through this period of healing. If you develop pain, redness or notable decreased vision contact the Refractive Surgery Center about these symptoms (or use the ER after normal working hours).

FOLLOW-UP APPOINTMENTS: It is important that we evaluate your eye's healing—especially for the 3 week and 3 month postoperative exams. We will contact your commanding officer if you do not follow-up as directed.