

# PRK

## Postoperative Instructions



1. Go home and get as much rest as possible on today. Taking your relaxing pill will help you accomplish this. You should limit your activities for 3 days following surgery.
2. Your bandage lens should remain in place until you are seen tomorrow. If it comes out, call the office. **DO NOT REPLACE IT.**
3. Do not rub, bump or squeeze your eye shut following surgery.
4. Do not drive unless you feel confident and safe with your vision. Never drive while under the influence of any pain medications or relaxing medications. Your vision may fluctuate for the first few weeks. Use good judgment.
5. Do not wear eye makeup for one week following surgery. Avoid any pressure on the colored part of your eye following surgery.
6. You may bathe or shower; however, avoid getting any water in your eye for two weeks after surgery.
7. No swimming, hot tubs or whirlpools for two weeks.
8. You may experience light sensitivity and/or glare around lights. Bring sunglasses with you tomorrow. You should protect your eyes with UV filtering sunglasses following surgery.

**You will experience some of the following symptoms the first few days after surgery: light sensitivity, scratchiness, burning sensation and tearing.**

- Today:**
- Xanax. Take 1 tablet every 6-8 hours as needed for sleep.
  - Norco. Take 1-2 tablets every 4-6 hours as needed for pain.

*Do not take more often than prescribed.*

**Do not drink any alcohol while taking prescription pain medicine.**

- Tomorrow:**
- \_\_\_\_\_ Use 1 drop in the RIGHT / LEFT eye 4 times a day.  
(steroid drops) **You will be tapered off of the steroid eye drops over the next 12 weeks.**
  - \_\_\_\_\_ Use 1 drop in the RIGHT / LEFT eye 4 times a day for 7 days.  
(antibiotic drops)
  - 1 drop of Prolensa once daily as needed for pain. **DO NOT USE FOR MORE THAN 3 DAYS**
  - Any preservative-free artificial tears can be used frequently for lubrication.

***It is important to follow the instructions on your eye medications exactly. Any prescription eye drops may have severe side effects if used other than prescribed.***

Your follow up visit is tomorrow at \_\_\_\_\_ a.m./p.m.  Rancho Office  Colton Office

If you have a concern and need to speak to a doctor, please call (909) 937-9230. Please call **800-345-8979 after 5 p.m.**