PRK Post-Operative Instructions

To ensure a smooth recovery following your laser vision correction procedure, it is important that you carefully follow the post-operative instructions outlined below. Post-operative appointments are very important to monitor the healing of your eyes.

1 **DO NOT RUB YOUR EYES!**

2 After surgery, it is normal to experience tearing, a burning sensation or difficulty keeping your eyes open for up to six (6) hours. Apply eye drops as directed, and rest with your eyes closed for at least one hour.

3 Avoid watching television, reading, using computers, tablets, or cell phones for a minimum of 48 hours after surgery to avoid eye strain.

4 If you experience worsening pain or a significant decrease in vision, please contact Talley Eye Institute IMMEDIATELY at 812.424.2020!

5 Wear sunglasses to bed to prevent eye rubbing the night after surgery. It is important that sunglasses be worn for a minimum of two (2) days following surgery. Sunglasses should be worn even on overcast or cloudy days. *Do not drive at night with sunglasses on.* Upon waking, the area around the eyes should be cleaned. **DO NOT RUB.** Use a soft damp facecloth or sponge in a gentle downward motion.

Notes:

- Discomfort after PRK surgery varies from patient to patient. Immediately after surgery, many patients describe a mild "foreign body" sensation, as if swimming in chlorinated water with their eyes open. Others may feel as if they are wearing dirty contact lenses. Any discomfort usually subsides after the first day.
- After surgery, it is normal for red areas to appear on the white of the eye. Discoloration should disappear two (2) to four (4) weeks after surgery.

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PRK Post-Operative Medications

Below is a guide to help you administer your post-operative medication.

Wait five (5) minutes between applications of different drops and close your eyes for a minute after applying your drops. This method is important to improve the effectiveness of the drops. Use the drops in the following order: Zymaxid, Pred Forte, and Refresh Tears as required.

Medication	Day 1 (Day of Surgery)	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Zymaxid	One Drop 4 Times a Day						
	☐ _____	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast		
	☐ _____	☐ Lunch	☐ Lunch	☐ Lunch	☐ Lunch		
	☐ _____	☐ Dinner	☐ Dinner	☐ Dinner	☐ Dinner		
	☐ _____	☐ Bedtime	☐ Bedtime	☐ Bedtime	☐ Bedtime		
Pred Forte	1 Drop Every Two Hours			One Drop 4 Times a Day			
	☐ _____	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast		
	☐ _____	☐ Lunch	☐ Lunch	☐ Lunch	☐ Lunch		
	☐ _____	☐ Dinner	☐ Dinner	☐ Dinner	☐ Dinner		
	☐ _____	☐ Bedtime	☐ Bedtime	☐ Bedtime	☐ Bedtime		
	☐ _____						
	☐ _____						
Refresh Tears	One Drop 3 Times a Day (or more if needed). After one week, use as directed by your Eye Care Professional.						
	Not required but may be used	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
		☐ Lunch	☐ Lunch	☐ Lunch	☐ Lunch	☐ Lunch	☐ Lunch
		☐ Dinner	☐ Dinner	☐ Dinner	☐ Dinner	☐ Dinner	☐ Dinner
Tetracaine	No more than four times a day for the first three to four days. If the pain continues, please call the office.						
	☐ _____						
	☐ _____						
	☐ _____						
	☐ _____						
Percocet	One pill every four to six hours, maximum eight pills per day.						
	☐ _____	☐ _____	☐ _____	☐ _____			
	☐ _____	☐ _____	☐ _____	☐ _____			
	☐ _____	☐ _____	☐ _____	☐ _____			
	☐ _____	☐ _____	☐ _____	☐ _____			

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