

BEFORE YOUR PRK SURGERY

On the day of the surgery:

- Wake up well rested after a good night's sleep. You should have the whole day off.
- Do not wear any makeup, perfume, or jewelry. Do not wear makeup, perfume, or jewelry on the day of surgery. If you have long hair, please make sure it is tied low around the neck without a large clip.
- The operative suite is cold. Wear something warm. No sweaters or clothing that leaves lint.
- Take your medications as usual except for any eye drops.
- Have a light breakfast.
- Take 1 Valium 30 minutes before arriving at the laser center. When you arrive at the laser center, take another valium if you are still feeling very anxious.
- Leave yourself plenty of time to get to the surgical center. Someone else must drive you as the Valium may make you sleepy.
- Bring your surgical kit and all prescribed drugs including the remaining Valium with you.
- Be sure to have someone available to drive you home.
- Start Restasis 1 drop to each eye that is being treated twice a day immediately after your preoperative appointment. Each vial can be recapped and used for 48 hours. **DO NOT TAKE RESTASIS ON THE DAY OF THE SURGERY.**

AFTER YOUR PRK OR ASA SURGERY

After your surgery:

- Wear the eye shields provided in your operative kit.
- Have someone drive you home.
- Lie down and take a 4 hour nap with your goggles on (If you are unable to sleep, lie down with you eye's closed for 4 hours).
- When you wake up, start your eye drops and take the rest of the day easy.
- You will need to start your medications as described in the chart below.
- Sleep well and come to your postoperative appointment the next day wearing your sunglasses. Dr. Khokhar or an associate will see you.

	Prednisolone	Gatifloxacin	Prolensa/ Ilevro	Preservative-free Artificial Tears
Start these drops after you wake up from your nap (4 hours)	4 times a day	4 times a day	4 times a day for 48 hours.	At least 4 times a day and more as needed

Do not start Restasis again until instructed. Wait 5 minutes between drops.
Start applying drops cautiously immediately after waking up from your 4 hour nap.

WHAT TO DO FOR PAIN?

There is some pain that is expected after your laser vision procedure. Some individuals may feel uncomfortable while others may feel more severe pain and light sensitivity over the first few days. The following guidelines are to help you manage your pain.

First...

Try Preservative Artificial Tears and Ice Packs as frequently as possible. Optive Sensitive is one example of preservative free artificial tears. A frozen bag of peas works well as an ice pack.

Second...

Ibuprofen up to 800 mg (4 over the counter 200 mg capsules) every 8 hours as needed. Please take this with food to avoid upsetting your stomach. You may use this for up to 1 week.

Third...

Prolensa or Ilevro 1 drop to the affected eyes up to 4 times a day as needed for pain. This will likely be needed for at least the first 24-48 hours. You may use this for up to 1 week.

Finally...

Tylenol #3, 1-2 tablets every 4-6 hours as needed for severe pain. This will make you drowsy.

RECOVERING FROM YOUR PRK SURGERY

After your postoperative appointment

- Use your medications as instructed.
- You will need to sleep with your eye goggles for 1 week.
- You may need to use preservative-free artificial tears for 6 or more months after surgery, as your eyes may feel dry or irritated.
- It is normal for you to notice that one eye may be somewhat clearer than the other. After several weeks, a combination of healing and your brain adapting will allow your eyes to work better together so that this difference is not noticed.
- Avoid any heavy lifting, very strenuous activity, and ocean / lake / pond water for 4 weeks. Avoid swimming in pools for 2 weeks. Avoid make up, work exposures (smoke, etc), and sweating profusely for at least 1 week.
- Avoid rubbing your eyes vigorously after the surgery, especially for the first 6 months.
- Remember that 3-6 months may pass before your vision stabilizes.
- Enjoy the freedom from your glasses or contact lenses.