



**24 HOUR EMERGENCY CONTACT NUMBER (801)224-6767**

**Dr. Jamie Monroe (801)361-3504 (Cell)**

**Day of Surgery**

- Apply ice packs to closed eyelids (frozen peas are especially comfortable).
- Uninterrupted sleep for a minimum of 2 to 3 hours.
- Do not interrupt sleep to instill drops.
- Wear shields/flexible mask for first 72 hours while sleeping.
- Wait 3-5 minutes between drops scheduled at the same time.



**Tobramycin- Antibiotic**

**Polytrim- Antibiotic (given to patients at risk)**

**Day of surgery-** 1 drop in operated eye(s) before napping, at dinner and bedtime.

**Day 1-7 after surgery-** 1 drop in operated eye(s) four times per day (evenly distributed over waking hours).



**Prednisolone- Steroid SHAKE BEFORE EACH USE**

**Day of surgery-** 1 drop in operated eye(s) before napping, at dinner and bedtime.

**Days 1-14 after surgery-** 1 drop in operated eye(s) four times per day (evenly distributed over waking hours).

**Days 15 -28 after surgery –** 1 drop in operated eye(s) two times per day.



**Optive Sensitive- Artificial Tear**

**Preservative-free single dose vials ONLY – Available over-the-counter**

**Day of surgery-** 1 drop in operated eye(s) every hour while awake and as needed. Dispose of vial at bedtime.

**Use at least 4-6 times daily for first 3 months following surgery.**



**Restasis- Tear Production**

**Start Restasis on day 5 following surgery-** Instill 1 drop in operated eye(s) two times per day (morning and night).

Use each vial until empty. Continue for 90 days or as directed by your doctor.

**Oral Narcotic-** one to two tablets every 4-6 hours as needed for pain. (Take 1 pill, and if your pain is not relieved in 30 minutes, take another. Wait 4-6 hours prior to another dose.)

**Dilute numbing drop-** one drop every hour as needed for pain day of surgery, then throw away. More frequent use or for longer periods can delay healing and increase the risks of infection and scarring.

**Expectations:**

- Healing will **NOT** be equal between the eyes. Please remember that everyone heals differently. Your progress will be monitored at regularly scheduled visits and your management will be decided accordingly.
- Starbursts and halos will be visible around lights for the first 1-3 months.
- It is normal for vision to be blurry and fluctuate for the first few days and to improve gradually over the next 4 weeks. Complete visual recovery takes 3-6 months.
- Your eye(s) may sting and tear for the first day. Ice, lubrication, sleep, and time will improve your comfort.
- Initially your lids may be swollen.
- Reading may be difficult at first. If you are over 35, reading glasses may help until your vision has stabilized. Full-time readers typically will be necessary for patients over 40 years old.
- Normal healing can involve some regression (partial return of your prescription). If regression results in significant nearsightedness or farsightedness, enhancement (retreatment) may be performed 3-6 months after the initial PRK procedure. Enhancements will only be considered if it is safe to retreat your eye(s). Glasses may be worn, if needed, until the healing has stabilized prior to enhancement.

## PRK POST-PROCEDURE CARE

### Precautions:

- ❖ No make-up on or around eyes for 7 days.
- ❖ No driving for 24 hours.
- ❖ Avoid dirty/dusty/smoky environs for 7 days.
- ❖ No vigorous rubbing of eyes for 3 months.
- ❖ No swimming or hot tubs for 14 days.
- ❖ Wear ultraviolet eye protection when outside.
- ❖ Use eye drops as directed and keep all follow-up appointments.
- ❖ Read and watch TV in moderation.
- ❖ Return to normal activities when you feel comfortable.

### Day of Surgery

**Tobramycin/ Polytrim (patients at risk only)**-1 drop in operated eye(s) before napping, at dinner and bedtime.

**Prednisolone** – 1 drop in operated eye(s) before napping, at dinner and bedtime (**shake before each use**).

**Optive Sensitive** – 1 drop in operated eye(s) every hour while awake and as needed.

**Dilute numbing drop**- one drop every hour as needed for pain day of surgery, then throw away.

**Oral Narcotic** - one to two tablets every 4-6 hours as needed for pain. (Take 1 pill, and if your pain is not relieved in 30 minutes, take another. Wait 4-6 hours prior to another dose.)

Wear flexible eye shield/mask when asleep.

### Day 1 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

### Day 2 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

### Day 3 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

### Day 4 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4 times daily.

### Day 5 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Restasis**

1 □ 2 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

### Day 6 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

**Restasis**

1 □ 2 □

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

### Day 7 after Surgery

**Tobramycin/ Polytrim (patients at risk only)**

1 □ 2 □ 3 □ 4 □

**Prednisolone**- 1 drop in operated eye(s) four times per day

1 □ 2 □ 3 □ 4 □

Continue using Prednisolone 4 times a day for 1 more week (total of 2 weeks), then 2 times daily for 2 weeks then stop.

**Restasis**

1 □ 2 □

Continue using Restasis 2 times per day (morning and night) for 3 months or as directed by your doctor.

**Optive Sensitive** – 1 drop in operated eye(s) at least 4-6 times daily.

Use Optive at least 4-6 times daily for 3 months following surgery.