



PRK POST OPERATIVE INSTRUCTIONS

Patient Name: _____ Procedure Date: _____

1 Day Follow Up scheduled on _____ with _____ at _____

nJoy Vision Emergency Contact Number 405.842.6060 (follow prompt)

Healing Symptoms: The surface cells of the eye(s) heal during the first 3-5 days after your procedure. During this time your vision may be blurry and your eye(s) may appear a little red and swollen. The eye(s) may feel itchy (similar to having an eyelash in the eye), which may cause it to water and your nose may run. You will be sensitive to bright light. These are all normal symptoms and will disappear within a day or so.

Bandage Contact Lens: A bandage contact lens will be inserted into your eye(s). It will protect the eye(s) and significantly reduce any discomfort experienced. The doctor will remove the contact lens when the protective layer (epithelium) has healed (usually 3-5 days). If the contact lens falls out at any point, keep the eye(s) closed and contact your doctor.

DO NOT REMOVE and/or REINSERT THE CONTACT LENS IF IT FALLS OUT.

Discomfort: Patients may experience some discomfort for the first 24 to 72 hours following the procedure. The level of discomfort varies significantly from patient to patient. If you experience mild eye pain, take 1 or 2 Tylenol or Advil tablets every 4-6 hours as needed. If you experience any serious problem or have any concerns, please contact your doctor.

Sleep: It is best to sleep as much as possible on the day of your procedure as this will promote more rapid healing. Wear the shield(s) when sleeping until the bandage contact lens is removed.

Sunglasses: Wear sunglasses whenever outdoors for UV protection.

Medication: If you have not already done so, please fill your prescriptions immediately following your treatment. Be sure to shake the eye drops well before applying to the treated eye(s) and wait 1 - 2 minutes between using each drop.

Steroid	One drop 4 times a day x 1 week then 3 times a day x 1 week then 2 times a day x 1 week then 1 time daily for 1 week
Antibiotic	One drop four times daily until contact lens is removed by your doctor
NSAID	One drop two times daily for 3 days including the day of surgery
Lubricating Drops	While awake, use at least every hour until contact lens is removed by your doctor

Recovery:

- Your vision should slowly improve over a period of 7-10 days and may get worse before improving.
- You may wear eye make-up and return to most of your normal activities after bandage contact lens is removed
- Avoid swimming pools and hot tubs/ocean/river/lake water for 1 month.
- Your focus will vary throughout the day and may take several seconds for objects to become clear.
- You may have the need to use temporary or permanent correction for tasks such as reading or driving.
- Finally, it is important to remember that everyone heals at their own pace, so please have patience. Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

Patient Signature: _____ Date: _____

I confirm that I have read and understand all instructions.