

# PRK POSTOP INSTRUCTIONS



## ANTIBIOTIC DROPS



- Zymar     Vigamox  
 Other \_\_\_\_\_

**4 TIMES A DAY  
FOR 1 WEEK**

## STEROID DROPS

\* SHAKE BEFORE EVERY USE \*



- Omnipred     Pred Forte  
 Other \_\_\_\_\_

**4 TIMES A DAY FOR 1 WEEK  
THEN  
2 TIMES A DAY  
UNTIL 3 WEEK VISIT**

## NSAID DROPS



Ketorolac 0.5%

**4 TIMES A DAY  
AS NEEDED  
FOR 3 DAYS  
(For Pain)**

## PRESERVATIVE FREE ARTIFICIAL TEARS



**DAY OF SURGERY:  
EVERY 20-30 MIN  
UNTIL BED TIME**

**Approx. Every 4 hours / Wait 5 minutes between different drops. / Use drops during waking hours only.**

### AFTER YOUR SURGERY:

- Remain quiet the evening of surgery. A short nap is advised. No heavy reading. You may watch TV. Increase activity as your comfort and vision allows.
- Take your normal over-the-counter pain medication if needed.
- The doctor may give you a prescription for pain. Take as directed.
- You will have bandage Contact Lenses on your eyes for 3 to 5 days. The doctor will remove them.
- Use COLD PACKS for 5-10 minutes once every hour for 5-6 hours the day of surgery and on 2nd & 3rd day throughout day if uncomfortable.
- You can chill your Artificial Tears to increase comfort and decrease inflammation
- Your vision will be foggy for the first few days. Because of this your vision may not be adequate to drive.
- You may return to work and/or drive when you are confident with your vision and your comfort allows.
- You may experience some tearing, burning, stinging, light sensitivity, redness, and foreign body sensation.
- If you notice increasing pain or a sudden decrease in vision – call us immediately.

### OTHER IMPORTANT PRECAUTIONS:

- Your vision may fluctuate for the first several weeks.
- You may experience halos and glare around lights at night for the first couple weeks.
- No eye makeup for 3 to 5 days. New mascara is recommended after the procedure.
- Avoid getting soap or water in your eyes while showering for the first week.
- Wear your shields while sleeping or napping for the first week.
- Do not rub or bump your eyes for at least 2 months after surgery.
- No swimming or hot tubs for 2 weeks. No high-impact water sports for 3 months.
- You should protect your eyes from bright sun and wind for 1 month.
- **ARTIFICIAL TEARS**
  - *FIRST MONTH* – Use Preservative Free Artificial Tears in vials every hour
  - *MONTH 2 & 3* – OK to switch to a bottled Artificial Tear every 2 to 3 hours

Your appointment tomorrow is: Time \_\_\_\_\_ Doctor \_\_\_\_\_

If you have a concern and need to speak to a doctor, please call your comanaging optometrist or:

**Hoopes Vision**  
(801) 568-0200 or (877) 305-2745

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date