

PRK POST-OPERATIVE INSTRUCTIONS

To reduce the risk of complications following your refractive surgery, please adhere to follow these instructions.

**Your first post-operative appointment is scheduled on: _____ at _____.
with Dr. Rapoza.**

RESTRICTIONS

1. Do not rub your eye.
2. When instilling drops, be sure not to press on the eye through the lids. Keep the bottle well away from your face.
3. Wear your eye shield at night while the bandage contact lens is present.
4. Do not swim, use a sauna or hot tub for 2 weeks following surgery.
5. Exercise is fine following surgery. If sweat reaches your eye it may sting more than usual during the first few days after surgery. Be certain not to seek relief by rubbing your eyes.
6. You may take a shower the day following your surgery, but take care not to get shampoo or soap in your eye.
7. Eye make-up should not be worn for 1 week.

WHAT TO EXPECT

1. You may feel a foreign body sensation in the operated eye for the next 24 hours.
2. If you have discomfort, Ibuprofen 400 to 600 mg, Tylenol or Aspirin are usually helpful.
3. Your vision may fluctuate for the next 2 months. Generally, it is better in the morning and a little blurrier by evening due to dryness increasing as the day progresses.
4. You may notice loss of fine detailed vision at night, sometimes accompanied by glare and starbursts.
5. Your eyes may feel dry. Artificial tears can alleviate this effect. You may use artificial tears as frequently as needed. If tears are used more than 4 times daily, be certain that they are preservative free.
6. If the bandage contact lens placed on your eye falls out, do not try to replace it, please tape the eyelids closed and call the office for further instructions.
7. For patients 40 years of age and older: Reading glasses may be required following laser vision correction.

PLEASE REPORT IMMEDIATELY ANY EXCESSIVE PAIN OR LOSS OF VISION.

24-HOUR EMERGENCY NUMBER (617) 367-4800.