



PRK TAKE HOME INSTRUCTIONS

EYEDROPS: Space drops out evenly throughout the day and allow a few minutes between drops to allow for absorption

Week 1

- **Antibiotic-ZYMAR**
 - Use 4 times/day
- **Steroid-MAXIDEX 0.1%**
 - Use 4 times/day
- **Artificial Tears- HYLO or REFRESH PLUS (non preserved)**
 - 4-6 times per day

Week 2

- **Steroid- MAXIDEX 0.1%**
 - 3 times per day
- **Artificial tears- HYLO or Refresh Plus**
 - 4 times per day

Week 3

- **Steroid-MAXIDEX 0.1%**
 - 2 times per day
- **Artificial tears-HYLO or Refresh Plus**
 - 4 times per day

Week 4

- **Steroid-MAXIDEX 0.1%**
 - Once per day in the morning
- **Artificial tears-HYLO or Refresh Plus**
 - As needed

EXPECTATIONS OF VISUAL RECOVERY:

- ✓ Sleep is the most important part of your visual recovery during the first 3-4 days following your procedure. You will be provided with safety shields that should be worn while asleep during the first week to prevent accidental injury to your eyes. Sunglasses are recommended during the day. Sleep definitely speeds your visual recovery and assures that your eyes heal quickly.
- ✓ Immediately following your procedure, your eyes will feel gritty, and it is common to feel a foreign body sensation. The eyes will also feel dry, be more light sensitive, and your vision will be quite hazy while the bandage contact lens is in place (3-4 days).
- ✓ Excessive TV viewing, computer use or reading will strain your eyes and increase dryness and should be done in moderation the first week.
- ✓ You may experience some discomfort following your procedure, however any sudden increases in pain or decreases in vision during the first week should be reported to your eye care professional or a Clarity Laser Eye doctor as soon as possible for evaluation. Visual fluctuations are common following a PRK procedure.
- ✓ Do not rub your eyes. Small children and pets are notorious for poking eyes and great care should be taken around both.
- ✓ Patients may shower the next morning but avoid having the shower spray directly at your eyes. It is also important to avoid getting shampoo in your eyes.
- ✓ Eye make up should be avoided during the first week.
- ✓ During the first week avoid exercise or sports, dusty or dirty environments. Wait one month prior to any contact sports, swimming, or entering a hot tub.
- ✓ Symptoms of visual fluctuation, blurriness, dryness and night glare are very common during the first month and typically clear over 3-6 months as the eyes heal.

- ✓ It is important to remember that everyone heals differently and has different prescriptions therefore do not compare your results with others. Your Optometrist will monitor your progress and will keep the Clarity Laser Eye informed every step of the way.
- ✓ It is important to follow your recommended eye drop regimen, post-operative instructions and attend all your scheduled eye doctor visits.

BEFORE YOUR PROCEDURE:

- ✓ Please ensure that you do not wear your contact lenses prior to your procedure, two weeks for soft contact lenses and 1-3 months for rigid gas permeable lenses.
- ✓ You will need to book your procedure day and the following 3-4 days off of work. (In some cases a full week may be necessary)
- ✓ Have your prescription filled **prior** to your procedure day and bring your eye drops with you on your procedure day.
- ✓ Please return your informed consent, read and initial all paragraphs although we ask you to sign the document at the clinic.
- ✓ Ensure that your day one, day two and day three appointments are arranged with your optometrist.
- ✓ Arrange for a driver for your procedure day and for your first 3-4 post-operative appointments or until your optometrist advises that you are legal to drive.

ON YOUR PROCEDURE DAY:

- ✓ Please wear comfortable clothing. Avoid sweaters (preferably a button down top/shirt that is lint free).
- ✓ Do not wear eye make-up of any kind, and avoid any moisturizing face cream on your procedure day.
- ✓ No perfume or cologne on the day of your procedure.
- ✓ You should eat prior to your arrival and take any medications as you normally would (please advise prep staff of any medications you may have taken on the day of your procedure).
- ✓ While we only schedule one patient at a time, we schedule you to arrive 30 minutes prior to your actual procedure time, so that any additional tests that are required may be repeated or performed and you have adequate time to meet with your surgeon. In general, while the procedure itself takes less than 15 minutes for both your eyes, patients should plan on being at the clinic for 1-2 hours on their procedure day. It is important that you arrive on time so as not to make other patients wait. This is both an emotional and exciting day, we want each patient to feel genuinely cared for and have a memorable life changing experience.
- ✓ You will require a driver to take you home (you will not be permitted to leave by bus or walk alone).

POST-OPERATIVE EXAMINATION APPOINTMENTS:

It is very important that you see your eye doctor for the following post-operative appointments:

- Day 1, 2 & 3
- Day 4 (only if bandage lens not removed day 3)
- Week 1
- Month 1
- Month 3
- Month 6
- Month 12

The first 3-4 days you will be wearing bandage contact lenses to protect your eyes as they heal. During this time you will need to see your optometrist daily until you have healed enough for the bandage lenses to be removed. You should not attempt to remove or replace these on your own. If one should fall out please contact your optometrist or the doctor at the Clarity Laser Eye for re-insertion of the lens.

You should have a driver for your post op appointments, as legally you cannot drive until advised by an eye doctor. As you resume care with your own optometrist we will be monitoring your progress along with your doctor at each visit.

You may require more frequent visits if your eye doctor is monitoring you for changes. It is very important to remember that there is an adaptation period, which varies from patient to patient. Your eye has to heal and your brain has to adapt. It will occur much quicker if you do not stress and over analyze the visual changes you will be experiencing.

It is not uncommon for patients to be referred back to the Clarity Laser Eye during their recovery for consultation or additional testing. Do not be alarmed.

EMERGENCY after hours contact number _____