



Laser Eye Centers®

PRK Post-Procedure Care



The first set of eye drops have been instilled for you at the center. You should begin using them on your own when you awaken from your nap. **To avoid washing one drop out with the next, please leave at least 1-2 minutes between instilling successive drops:**

ZYMAR: Antibiotic - To prevent infection. **One drop four times per day (at meals and bedtime).** This will be used approximately one week until your surface heals.

XIBROM: Anti-Inflammatory - **Use one drop two times per day** until the contact lens is removed.

FML: Steroid - A very important drop to help the healing process. It will be used **four times per day for several weeks**, then slowly tapered by your eye care provider to allow for a more gradual healing. Please **SHAKE WELL** before use.

NEURONTIN/GABAPENTIN: Take one pill 3 times per day for 4 days.

REFRESH PLUS: A lubricating drop which is found over the counter in your local pharmacy. **Use one CHILLED drop at least 4 times per day.** Please use the preservative-free vials during the first week. These drops should be used at least 4 times daily for the first few months.

RESTASIS: Your doctor may have prescribed. Please restart when instructed by your doctor. If you have dry eye syndrome, you may be on this for several months.

- ❖ A bandage contact lens has been placed on your eye. This should remain in place for 3-5 days until removed by your eye care provider.
- ❖ An oral pain reliever may also be prescribed for pain relief. However, ibuprofen (Motrin, Advil) may be adequate.
- ❖ Discomfort will improve within 24-36 hours following the procedure.
- ❖ Avoid rubbing your eyes.
- ❖ Do not wear eye makeup for one week.
- ❖ Showers are permitted, but do not rinse your eyes with water.
- ❖ FDA advises you should avoid swimming, hot tubs or whirl pools for a minimum of one month.
- ❖ Stay in a clean environment (e.g., no gardening).
- ❖ If your contact lens falls out during the night, do not attempt to reinsert it.
- ❖ **Most importantly, wear 100% UV-blocking sunglasses whenever outside, even on overcast days for the first 4 months.**
- ❖ It is entirely normal for your vision to be blurry for several weeks, especially the first 7-10 days.

Post-operative exam schedule:

1 Day - Contact/comfort check
3-4 Day - Contact removal

11 Day - 1st prescription check
1, 3, 6, 12 month - Stabilization exam