

**Care of Your Eye(s) after Refractive Surgery
(PRK/PTK/Epi-LASIK)**

After Surgery:

1. Please go directly home to relax. Pain and sleeping medications prescribed should be taken as directed.
2. The Shields are to be worn while sleeping until the contact lens has been removed.
3. Your eye will have discomfort for a few days after surgery. (You may take Advil or Tylenol to help with the discomfort)
4. You may gently apply an ice pack to your eye for the first day. This will relieve some discomfort.
5. No water in the eye for 1 (one) week
6. No eye make-up or mascara for 1 (one) week
7. No swimming for 2 (two) weeks.
8. Avoid getting dust or dirt in the eye. This will irritate the eye as well as increase risk of infection.
9. No hot tub for 2 (two) weeks
10. No exercise for 48 hours after surgery
11. No tanning bed for 1 (one) month
12. No rubbing the eyes for 1 (one) month

First Day After Surgery:

1. The eye will be sensitive to touch, scratchy, and light sensitive. The eye may be red. These will subside as the eye heals.
2. The Vision will commonly be blurry after surgery and may fluctuate during the day.

The Following Days After Surgery:

1. The discomfort will persist until the surface of the eye had healed, usually about 3-7 days
2. The vision may still be blurry in the morning and improve by the afternoon. Expect your vision to fluctuate during the first few weeks. Vision should stabilize within approximately three months.

CALL IMMEDIATELY: If severe eye pain persists after the initial surgical pain has subsided or if vision decreases dramatically. These symptoms and any discomfort you might have should improve each day.

Medication Instructions:

- _____ **Quixin:** one drop 4 times a day in the operative eye, **starting on the day of surgery after a short nap, until the doctor removes your contact lens.**
- _____ **Lotemax:** one drop 4 times a day in the operative eye **starting on day of surgery and continue until your doctor tapers your dosage.**
- _____ **Flurbiprofen:** one drop 4 times per day in operative eye for **two days:** Then stop unless the eye is feeling uncomfortable.
- _____ Pain medication one or two every four hours as needed for pain.
- _____ Sleeping Pill: Halcion .25mg – take one tablet at night, if needed
- _____ Vitamin C 1500mg per day for 1 week after surgery.