

SURFACE LASER (PRK/LASEK) CARE INSTRUCTIONS

PRE-OPERATIVE (THE DAYS LEADING UP TO SURGERY AND MORNING OF):

Start now:

- Start oral **Vitamin C** 1000mg per day now. You will use this for at least 6 months.
- Start **Refresh Plus or Refresh Optive Preservative-Free drops** every 3-4 hours now or one week before surgery. Each vial can be used for multiple doses if you keep the tip clean and recap them. Just push the cap into the tip.
- Make sure you have someone to drive you on the day of surgery.
- For contact lens wearers, please remember to remove soft contacts 72 hours prior to surgery and hard contacts one week prior to surgery.

Start two days before surgery:

- Start **Ciprofloxacin, Diclofenac, and Prednisolone** eye drops, one drop 4 times a day 2 days prior to surgery and the morning of (wait at least 3 minutes between each drop). Shake the drops well before using.
- Start **Celecoxib** tablets (anti-inflammatory medication), 100 mg a day 2 days prior to surgery and the morning of.

On the day of surgery:

- Wash your eyes with a clean warm washcloth in the shower the morning of surgery.
- Do not wear eye makeup or perfume, cologne or aftershave. Please dress warm. The laser room is kept at approximately 67 degrees.
- Several drops will be used to prepare your eye for surgery - including drops to numb the eye. You will receive drops several times before and during the procedure.
- The surgery itself should be pleasant without discomfort. There is no need to be overly anxious as the doctor will talk you through the entire time.
- Bring a pair of sunglasses with you. You should wear sunglasses after surgery anytime you are outdoors.
- Bring these instructions and your prescribed drops with you.

PRK/LASEK - THE SURGICAL EXPERIENCE



ALLEGRETTO WAVE® Eye-Q Excimer Laser System

1. You may wish to be given an oral relaxing medication.
2. Eye drops are instilled.
3. You will be asked to lie down on the bed of the laser and are positioned under the laser microscope. Your other eye will be covered with a patch. A special sterilizing solution and local anesthetic drops are irrigated into the eye to be operated on. You will be asked to look at the green blinking fixation light and the lids are gently separated by a small instrument (a speculum) so that you do not have to worry about blinking.
4. The surface epithelium will be removed while you are looking at the light. This does not hurt.
5. The eye will be irrigated with very cold fluid.
6. You will be instructed to look at the green blinking fixation light. This is the only thing you need to concentrate on. The green light may become blurred during the procedure.
7. The doctor will explain to you when the laser is about to start. It only takes a few seconds. A series of audible short pulses of laser treatment are given (usually less than a minute total). It is fast and completely painless.
8. You may smell a peculiar odor from the laser treatment, this is normal.
9. The eye is irrigated again with cold fluid.
10. A contact lens is then placed on the eye.
11. The same is performed for the other eye.
12. And that's it! It will be quick and easy.

POST-OPERATIVE CARE INSTRUCTIONS (SURGERY DAY AND NEXT DAY):

- No driving for at least the next 2-3 days. Use caution after that.
- Depending on your occupation, most patients can return to work in 3-5 days.
- Your eyes will be blurry and light sensitive the first 72 hours.
- You can shower, but avoid getting water or soap into the eyes for 3 days. No mascara or any eye makeup for 5 days after surgery. No swimming for 2 weeks.
- Expect burning, watery, irritated eyes, and vision fluctuations for several days after surgery. This will improve over time.
- To relieve these symptoms:
 - Use ice packs on & off the first 24 hours.
 - Use the **Refresh Plus or Refresh Optive Preservative-Free drops** every hour while awake. Keep them cold (in the refrigerator) for the first 24 hours.
 - Use the **Ciprofloxacin and Prednisolone** drops 4 times a day. Shake well before using. You can also keep these in the refrigerator for the first 24 hours. The doctor will instruct you when to discontinue these drops.
 - Take one **Celecoxib** tablet every morning for 2 days.
 - Take the **Diclofenac** drops 4 times a day as needed for pain or discomfort only if you need it. Do not use this drop after 2 days and discard bottle.
- While wearing a bandage contact lens, you may wake up with a very dry eye feeling as if the lens is stuck to your eye. This is normal. Use the Refresh Plus or Refresh Optive Preservative-Free drops.
- Do not replace the contact lens if it comes out. Be careful how you rub your eye so as to not lose the lens. Call the office to have the lens replaced. Use the Refresh Plus or Refresh Optive Preservative-Free drops every hour until you come back in.
- Continue **Vitamin C** 1000mg per day. You will use this for at least 6 months.

Follow-up Appointment: _____

POST-OPERATIVE CARE INSTRUCTIONS

(AFTER SURGERY AND BEYOND):

- Use frequent **Refresh Plus or Refresh Optive Preservative-Free drops** until they feel good. Use as much as you need. You can't use too much.
- You will have dry eyes and your eyes may feel scratchy. We encourage you to use the preservative-free lubricant drops often.
- Your eye(s) may appear red and irritated after surgery and your lids may be swollen. This will decrease within a week after surgery.
- Do not rub your eyes for at least 2 weeks.
- No swimming for 2 weeks. If you do go swimming, wear goggles for the next couple of weeks.
- Wear UV blocking sunglasses if outside for longer than a few minutes. This is very important for at least the first year after surgery.
- Take oral **Vitamin C** 1000 mg per day for at least 6 months.
- Continue taking the **Ciprofloxacin and Prednisolone** drops 4 times a day. Shake well before using. The doctor will instruct you when to discontinue these.
- Recognize that your vision may fluctuate the first few months. It is normal for your vision to have "shadow" images. Your final vision may take up to 6 months. You must return if your vision is getting progressively worse.
- Some degree of night glare may be experienced after surgery. Glare typically decreases within 3 to 6 months after surgery.
- If you are over 40 years of age, reading may be difficult. Inexpensive over-the-counter reading glasses may be worn until your vision has stabilized. Select whichever strength seems to work for you.
- Everyone's eyes heal differently. Your progress will be monitored through your postoperative visits. Do not miss these appointments even if you see well and your eyes are comfortable.
- **Please remember that these post-operative visits and using the post-operative medications as instructed are very important to the long-term success of your procedure.**
- Call us at (732-988-4000) if you experience an injury, severe eye pain or diminishing vision.