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Before your PRK Procedure

- Use **Zymar** 1 drop 4 times the day before
- Use **Xibrom** 1 drop 2 times the day before
- The day before surgery:
 - Please discontinue contact lenses
 - Remove all eye make-up, including eyeliner and mascara
 - Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery



Surgery Day

MORNING PRIOR TO SURGERY

- On the morning of surgery, please take all medications as normally prescribed
- Do NOT use any eye make-up, mascara, or fragrances
- On surgery day, we will provide you with a surgical kit and instructions
- Please arrive at least 30 minutes prior to surgery

AFTER SURGERY

Immediately following Start your post-operative drops upon returning home (or no later than 2 hours after surgery)

Zymar (antibiotic)
4 doses/day



Pred (anti-inflammatory)
4 doses/day



**SHAKE
WELL**

Tears (preservative free)
4-6 doses/day



Xibrom(anti inflammatory)
2 doses/day



Zymar : 1 drop 4 times (eg 3 meals plus bedtime) for 4-7 days (until bottle empty)

Pred : 1 drop 4 times a day. The Pred Forte drop **MUST** be used for several months to reduce the risk of corneal haze and scarring. Continue using the drop until instructed to stop. If you run out please call our office. * Be certain to shake the bottle thoroughly prior to each drop.

Tears: Use **preservative-free (PF) artificial tears at least 6 times a day**. You may use them more frequently. We recommend Refresh, Systane, or Genteal tears. After 2 weeks you can switch from the preservative free to the regularly bottled tears.

“Comfort drops”: Use every 1 -2 hours as needed up to 6 doses a day. However, It is preferable to use the oral painkiller prescribed, or any over the counter medication (Advil, Tylenol).

Xibrom: 1 drop 2 times a day for 5 days.

*Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. "Pred" may leave a harmless white residue in the eyelid corner.

Activities

- Do not rub your eyes
- Take great care when blotting your eyes following eye drop insertion.
- A bandage contact lens was inserted for your comfort. If it falls out, please do NOT reinsert the lens. A new lens will be provided at your first pre-operative visit.

Normal early postoperative symptoms: droopy or swollen eye lids; eye watering and redness; a scratchy or sandy sensation; stinging with the eye drops; hazy, or fluctuating, vision; sensitivity to bright lights; some haloes at night. The discomfort usually recedes in 3 days.

Visual Recovery

You should not expect to see well immediately. There is normally much variability in the recovery rate between different patients, and even between both eyes of the same patient. The amount of blur during the first week is not relevant to the final visual outcome. Therefore, try not to over-analyze your vision at first. Although unavoidable, comparing the recovery period of one eye to another (or to that of another friend or relative) may raise unnecessary concern over normal differences.

- **It is normal for your vision to be blurry and fluctuate for the first few days and to gradually improve over the next 6-8 weeks. Complete visual recovery takes at least 6 months.**
- If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- You may notice increased sensitivity to sunlight. This usually recedes over the next several months. Please wear sunglasses as needed for comfort.
- Refrain from all eye make-up for 5 days following surgery.
- You can resume most normal activities immediately. You may run, golf, or return to work the next day.
- Unlike the convalescence with some surgical techniques, you do not have to be concerned about bending or lifting.
- We ask that you do not go swimming or go in a hot tub for at least 7 days following surgery. Normal showering and washing your hair is fine.

If you are experiencing severe pain or sudden loss of vision, call our office *immediately* for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.

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