



POST OP INSTRUCTIONS FOR PRK

IT IS EXTREMELY IMPORTANT FOR YOUR SMOOTH RECOVERY THAT YOU CAREFULLY FOLLOW THESE INSTRUCTIONS. PLEASE CALL OUR OFFICE IF ANY CONCERNS SHOULD ARISE AT 407 894-8081.

UPON ARRIVAL HOME

- Plan on taking it easy for the rest of the day and night
- Sleep is very important at this point in your post op recovery
- When awake remember to blink frequently but do so gently (**DO NOT SQUEEZE**)

EYE CARE

- **DO NOT RUB THE EYES** or eyelids for at least 2 weeks following your surgery
- If necessary, you may gently dab-dry the eyelids and lashes.
- Following your surgery, we give you a pair of sunglasses. You should wear these glasses both inside and outside for 48 hours. Then a pair of sunglasses (100% UV block) when outdoors for at least 3 months.
- You will be given clear
- You will be given clear plastic eye shields. This will prevent you from rubbing your eyes while you sleep.
- Do not wear make-up for at least one week.

ACTIVITIES AND GENERAL GUIDELINES

- Avoid getting contaminated water in your eyes for 10 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzis, saunas and the ocean.
- When you shower, you may wash your hair and face; (with your eyes closed while the water is on your face). Remember; Do not:
- Rub your eyes while drying off. Gently dab your face dry.
- Light exercise is ok following the treatment, but heavy workouts should be curtailed for 5 days.

IF YOU EXPERIENCE: SEVERE EYE PAIN, DRAMATIC DECREASE IN YOUR VISION, DISCHARGE, EYELID SWELLING – PLEASE CONTACT OUR OFFICE IMMEDIATELY AT 407 894 8081