

PRK LASER POST-OP INSTRUCTIONS

SouthEast
LASIK

A Division of SouthEast Eye Specialist

Immediately After Surgery

- * Most everyone experiences some level of burning, tearing, and light sensitivity. This may be barely noticeable or quite bothersome. The bandage contact lens will help reduce this discomfort. Cold artificial tears and closing your eyes helps.
- * Discomfort usually lasts for 1 to 4 days and is usually most noticeable on days 2-3.
- * Your eye(s) may be red for several days.
- * Your eyelids may be slightly swollen as part of your healing process. You can use cold compresses and refrigerated artificial tears for relief if needed.
- * Do not drive, operate machinery, or attempt to climb stairs without help until you are cleared to do so by a doctor.
- * You may feel like there is something in your eye for 1 to 5 days.

What to Avoid

- * Protect your eyes from sunlight exposure in the first 3 months. Your healing time will be faster and your end result will be better if you avoid excessive sunlight. The use of quality sunglasses is adequate for most situations. You may also use a hat or visor.
- * Try not to rub your eyes, as the bandage contact lens(es) may dislodge.
- * For the first 7 days, keep soap and water out of your eyes. You may bathe or shower normally 1 day after surgery.
- * For the first 7 days, do not wear eye makeup, then new mascara.
- * For the first 14 days, avoid dust, smoke, and yard work.
- * For the first 14 days, avoid all forms of swimming, including oceans, lakes, pools and hot tubs.
- * Most physical exercise is allowed. Avoid public gyms for 5 days.
- * Refrain from any activity that might result in a physical impact to the eye during the first week. (Contact sports, carrying small children, handling pets, doing yard work, etc.)
- * For the first 14 days, if using a computer, take frequent breaks and lubricate your eyes with artificial tears more frequently.
- * Avoid using a ceiling fan while sleeping for 2 weeks.
- * Avoid artificial tanning and cosmetic facial laser treatments for 6 months.

What to Expect

- * Expect your vision to be hazy for a few days. The epithelial skin layer needs to regenerate and repair itself before your vision returns to normal.
- * Vision may be worse on days 3-4 than days 1-2.
- * Some discomfort may continue for 1 to 5 days.
- * The bandage contact lens(es) will be removed by us within 4 to 5 days of the treatment. Rarely new lens(es) are replaced for a few more days
- * Your vision may fluctuate from day to day, and from morning to afternoon. Each week your vision should improve. It may take 6

- to 12 weeks before it is at its best. Most people will have legal driving vision (20/40) within 4-5 days after surgery.

Eye Drop & Medication Instructions

Allow a 5-minute break between the different types of drops listed below when using them together. Refrigerating your drops may decrease stinging, but shake bottles for 15 seconds before instilling a drop. Do not keep drops in the heat or sun. Refrigeration is not required.

CatarActive3 or CatarActive2 Combination drops

(antibiotic, steroid, NSAID) These drops will be .

1 drop 4 times a day for 1 week, THEN

1 drop 2 times a day

- OR -



Alternative Medicated Drops

These will be discussed separately if needed



☐ Antibiotic (Beige top) _____

☐ Steroid (Pink top) _____

☐ NSAID (Grey top) _____

“911” Pain Reducing Drops

(Artificial Tears Combined with Proparacaine)

This bottle will be labeled as “911” and are provided in your Post Op kit. Take 1 drop **only if needed** if the eye is uncomfortable. Used cold artificial tears as first line relief.

DO NOT use more than **3 times a day** for the first 2 days as this may delay healing.



Artificial Tear Lubricating Drops

(Systane, Refresh, Thera Tears, Gen Teal, Optiv)

Use Preservative Free Drop Vials for 4 weeks. Use at least 1 drop every 1-2 hours (while awake) week 1, every 2 hours week 2, every 3 hours week 3, and every 4 hours week 4. Remember that your eyes can be dry even though they do not feel dry! After 4 weeks you can switch to bottle form drops.



Vitamin C Oral Tablets

Take 1,000 milligrams a day for 6 weeks following your surgery. Vitamin C will help facilitate the healing process and helps the skin layer repair itself faster.



Neurontin/ Gabapentin (Pain Prevention Pills)

Take 2 pills the day before surgery, then 3 pills a day until gone. (#15 pills)



Pain Control Pills

Use over the counter ibuprofen (2-3 pills) or acetaminophen (1-2 pills as needed in the first week) as your first option.

A prescription will be given for narcotic tablets in the event of breakthrough pain. Take 1 pill every 6 to 8 hours if needed. (#10 pills)



For after-hours concerns or emergencies call 865-966-SEES

Post- Op- Continue using CatarActive™ drops for 21 days after surgery

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 times/day

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™
<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day	<input type="checkbox"/> <input type="checkbox"/> 2 times/day

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™	CatarActive™
<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 1 time/day

Refresh Plus or any **Preservative Free Artificial Tear**- 1 drop in operative eye(s), 4 times/day for 2 weeks. You can't overuse this drop; you can use more than 4 times/day if needed. After 3 weeks, continue preservative free artificial tears as needed.

