



PRK POST-OP INSTRUCTIONS

Beeper - 242-5200

What should I expect for 3-5 days after PRK?

- Immediately after the procedure, go home and sleep as much as you can or keep eyes closed as much as possible
- Mild to moderate pain, scratchiness and light sensitivity
- Reduced activity level
- Inability to comfortably drive
- Blurred vision
- Need for sunglasses indoors and outdoors
- Wear protective eye shield while sleeping for 4-5 days
- Bandage contact lens - You will experience a significant increase in pain if it falls out, DO NOT replace it.
Call Dr. Hawkins immediately if contact falls out.

What should I expect for one week after PRK?

- Healing time varies but most people have good functional vision at 4 days to one week after surgery
- Vision progressively improves for the first few weeks after the bandage contact lenses are removed
- You may drive when you feel comfortable - Your driver's license restriction must be changed by the Division of Motor Vehicles before you may legally drive without glasses
- Do not swim
- Do not wear make up
- Do not rub your eyes

What medications and drops will I be using after surgery?

1. P/G/N (Pred/Gati/Nepaf)- one drop three times a day beginning two days prior to surgery. One drop the morning of surgery and three times a day after surgery for one week. Dr. Hawkins will let you know at your one week post-op appointment if these drops need to be continued after one week.
2. Systane Preservative Free or Refresh Plus tears - one drop every two hours while awake
3. Refresh Optive with numbing drops will be given to you on the day of surgery
One drop may be used every two hours for temporary pain relief
DO NOT use them more than every two hours or healing will be delayed
4. Vitamin C 500mg twice a day can facilitate healing and decrease pain
Start taking immediately before or after surgery

How often will I typically have post op appointments?

- One day after surgery
- Four days after surgery (typically bandage contact lens will be removed at this visit)
- Ten days
- 5-6 weeks

Who should I contact if I have questions or concerns?

Please call our office during office hours at (336) 243-2436 and press option 4 to speak with one of our Refractive Coordinators Emily or Shanna