

PRK: POST-PROCEDURE CARE

Go straight home! Instill **Zymaxid**, **Inveltys**, and **Systane/Refresh** BEFORE your 3-hour nap. Wait at least 1-2 minutes between each eye drop. Do not allow the tip of the bottle to touch the eye.

Burning and tearing is expected in the first few hours after surgery but improves dramatically after a 3-hour nap. FOR COMFORT, STORE ALL DROPS IN THE REFRIGERATOR (**EXCEPT FOR INVELTYS**) FOR THE FIRST WEEK.



Comfort Drop (CD):

Provided on the day of surgery. Use only if needed for discomfort prior to your nap. Follow with a **Systane** or **Refresh** drop. Try not to use more than 1x per day, as it can slow healing.



Zymaxid (Gatifloxacin):

After Nap: **1 drop 4 times per day** for an additional **6 days** (i.e., breakfast, lunch, dinner, bedtime).



ACULAR LS (Ketorolac): Anti-inflammatory. GRAY CAP

After Nap: **1 drop 2 times per day for 3 days.**



Inveltys (Steroid):

After Nap: **1 drop every other hour while awake.**

Day 2 through Day 7: 1 drop 4 times per day



Systane Ultra or Refresh Preservative-free vials

1st & 2nd Weeks: Preservative-free vials: **1 drop every 2 hours or more.** Slowly taper over the next couple of months. **You can switch to bottled Systane after 1 month.**

Use tears for the first few months, even if your eyes do not feel dry. More is better!



VITAMIN C (1,000-2,000mg): 1,000 or 2,000 mg orally per day. Continue for 4-6 months.

OMEGA 3 (2,000mg): 2,000 mg orally per day. Continue 4 -6 months.



NEURONTIN (Gabapentin): To decrease discomfort. Take **1 capsule orally, 3 times per day for 4 days.**



MURO 128 Ointment: Start **AFTER** contact lens removal and continue for 7-10 days.

POST OPERATIVE EXAM SCHEDULE:

Day 1 – Comfort / contact check. Day 4 or 5 – Contact lens removal,

2 to 3 weeks – Healing check, 1 to 2-month Stabilization exams and as needed for up to 1 year.

DO'S AND DON'T'S

- **A bandage contact lens has been placed on your eye. This should remain in place for 4-5 days until removed by your eye care provider. If the contact lens falls out during the night, do NOT attempt to reinsert it.**
- An oral pain reliever may also be used for pain relief. Ibuprofen (Motrin or Advil) will be adequate.
- Cold compresses may be used.
- **DO NOT** rub your eyes under any circumstances.
- **DO NOT** wear eye makeup for 1 week.
- Eye Goggles (provided on day of surgery) must be worn at naps and bedtime for 1 week.
- Sunglasses (with 100% UV protection) should be worn when outdoors on sunny or overcast days for 6 months.
- Showers are permitted, but try to avoid getting water directly in your eye for 2 weeks.
- Stay in a clean environment. Avoid gardening, swimming, hot tubs, and saunas for 4 weeks.
- Exercising is fine after the bandage contact is removed, **DO NOT** rub the sweat out of your eyes.
- Avoid direct air to the eyes, such as air conditioning, heating, vents, wind, and ceiling fans.
- Refrain from squeezing your eyes for 1 week.
- Use of a humidifier is recommended at bedtime.
- Hydrate and blink eyes frequently when on computers, cell phones, and while watching TV.
- It is entirely normal for your vision to be blurry for several weeks, especially for the first 7-10 days.
- You can continue contact sports (basketball, football, soccer, etc.) with protective eyewear after 1 week.

Any Questions? Call Holzman Laser Vision at 855-995-2745

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Systane or Refresh

WEEK 1	AFTER NAP	1 ST DAY POST OP	2 ND DAY POST OP	3 RD DAY POST OP	4 TH DAY POST OP	5 TH DAY POST OP	6 TH DAY POST OP
ZYMAXID TAN CAP	○ ○ ○ 3 times per day	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ LAST DAY!
INVELTYS PINK CAP	Every other hour while awake	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ Continue 2 times per day for one more week
ACULAR LS GRAY CAP	○ ○ 2 times per day	○ ○	○ ○ LAST DAY!				
SYSTANE OR REFRESH VIALS	Every 20 min or more. <u>More is better!</u>	Every 20 min or more.	Every 20 min or more.	Every 20 min or more.	Every 20 min or more.	Every 20 min or more.	Every 1-2 hours or more. Continue for several months.
NEURONTIN	○ ○	○ ○ ○ 3 times per day	○ ○ ○	○ ○ ○ LAST DAY!			
VITAMIN C & OMEGA 3	Taken prior to surgery	○	○	○	○	○	Continue for 4-6 months
MURO 128 Ointment	Use after contact lens removal.				Pea size amount inside each lower lid at bedtime. Continue until advised to stop, typically for 7-10 days.		

IF PRESCRIBED:

Restasis/Cequa/ Xiidra	○ ○ 2 times per day	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○ Continue for 3 months
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***CONTINUE WITH ANY SYSTANE OR REFRESH BRAND TEAR 4 TIMES PER DAY FOR SEVERAL MONTHS. CONTINUE VITAMIN C AND OMEGA 3 FOR AT LEAST 4-6 MONTHS.**

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