

PRK: PRE-PROCEDURE CARE



1-WEEK BEFORE PROCEDURE



Systane Ultra or **Refresh Preservative-Free Vial Tears**: **1 drop at least 4 times per day**, or more. (i.e., breakfast, lunch, dinner, bedtime). Over the counter.



Vitamin C (1,000-2,000mg) & Omega 3 (2,000mg): **1 time per day orally**, to aid in faster healing. Over the counter.

IF PRESCRIBED:



Eysuvis: Start _____ to prep the ocular surface. **1 drop 4 times per day**. (i.e., breakfast, lunch, dinner, bedtime). **DO NOT use the morning of surgery.** Prescription only



Restasis/Cequa/Xiidra: Start _____ to help tear production. **1 drop 2 times per day. DO NOT use the morning of surgery.** Will be used for at least 3 months after surgery. Prescription only

1-DAY BEFORE PROCEDURE



Zymaxid (Gatifloxacin): Antibiotic. Tan Cap. **1 drop 4 times per day**. Prescription only.



Neurontin (Gabapentin): Take **1 capsule orally**, the night before procedure and **1 capsule prior to arrival** on day of procedure, to decrease discomfort. Prescription only.



Acular LS (Ketorolac): Anti-inflammatory (gray cap). **1 drop 2 times per day**. Prescription only.

DAY OF PROCEDURE

DO'S AND DON'T'S

- **No** perfumes, colognes, and fragrant lotions. Deodorant is fine.
- **No** makeup (i.e., foundation, concealer, mascara, eyeshadow, or eyeliner...etc.)
- Eat a light meal prior to arrival. Avoid caffeine **1 hour** prior to arrival.
- Avoid alcohol and medications that may cause drowsiness.
- Wear comfortable clothing. The laser suite is kept at a cooler temperature.
- Arrange for someone to drive you home on the day of the procedure.

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

PRK: PRE-PROCEDURE CARE (WAIT 1 MINUTE IN BETWEEN DROPS)



1 WEEK PRIOR	7 Days Prior _/_	6 Days Prior _/_	5 Days Prior _/_	4 Days Prior _/_	3 Days Prior _/_	2 Days Prior _/_	1 Day Prior _/_	Surgery Day! (Prior to arrival)
Systane/Refresh Preservative-free vials	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○
Vitamin C & Omega 3	○	○	○	○	○	○	○	○
Zymaxid (Gatifloxacin) TAN CAP	Start the day prior to surgery 4 times per day						○ ○ ○ ○	○
Neurontin (Gabapentin)	Start the day prior to surgery at bedtime						○	○
Acular LS (Ketorolac) GRAY CAP	Start the day prior to surgery 2 times per day						○ ○	○

IF PRESCRIBED: (WAIT 1 MINUTE IN BETWEEN DROPS)

EYSUVIS (if Prescribed)	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	DO NOT USE
Restasis/Cequa/Xiidra (if Prescribed)	○ ○ 2 times per day	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	DO NOT USE

If any other medications have been prescribed, use them as directed.
Check to ensure you have everything before your procedure. If not, call the office.

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