

PRK POST-OPERATIVE INSTRUCTIONS

1. POST-OPERATIVE EYE DROPS AND MEDICATIONS

- TORADOL: 1 tab every 4-6 hours for 3 days as needed for pain
- RESTORIL: 1 tab at bedtime for 3 days
- FLAREX: Instill 1 drop 4 times a day for 1 month then 1 drop 2 times a day for 2 weeks then 1 drop once a day for 2 weeks
- VIGAMOX: Instill 1 drop 4 times a day for 1 week
- SYSTANE: Instill 1 drop 4 times a day for 1 month (then as needed)
- DILUTE TETRACAINE: Instill 1 drop 4 times a day for pain for 3 days

** BEGIN USING DROPS AT _____ AM / PM **

2. EYE SHIELD

- Wear the eye shield(s) tonight to protect your eyes while sleeping.
- DO NOT RUB YOUR EYES.

3. PRECAUTIONS

- After surgery, it is normal to experience tearing, a burning sensation or difficulty keeping your eyes open for the first day/evening. We recommend you go directly home and take a nap to rest your eyes. Before going to sleep, apply your drops as directed.
- No pets in bed for 2 nights after surgery.
- No eye makeup for 7 days.
- No dusty/smoky environments, swimming, hot tub, or water sports for 3 weeks.
- No eye rubbing for 6 weeks.
- For the first 24 hours after surgery, it is important that you wear your sunglasses at all times, both indoors and outdoors.

4. EMERGENCY CONTACT

- In case of an emergency, please call our office at (306) 244-2111 or Dr. Conlon's cellular at (306) 262-3937, so that you can be further assessed.

5. APPOINTMENT

- Your follow-up appointment has been scheduled for: