

**Daniel F. Goodman, M.D.**  
**1199 Bush Street, Suite 350**  
**San Francisco, CA 94109**  
**Phone: 415-474-3333**  
**FAX: 415-474-3939**

## **INSTRUCTIONS AFTER PRK**

It is extremely important for your smooth recovery that you carefully follow these instructions. Call our office should any concerns arise at (415) 474-3333.

### **UPON ARRIVAL HOME**

- Take it easy for the first few hours.
- Television is okay, but refrain from reading or computer work.
- Remember to blink your eyes gently (without squeezing hard) every few minutes.

### **EYE CARE**

- **DO NOT RUB THE EYES OR EYELIDS FOR AT LEAST 6 WEEKS FOLLOWING YOUR SURGERY.**
- If necessary, you may gently dab-dry the eyelids and lashes.
- Following your surgery, we will give you a pair of sunglasses. You should wear these glasses both inside and outside for 48 hours, then any pair of sunglasses (100% UV Block) when outdoors for at least 3 months.
- You will be given clear plastic eye shields. This will prevent you from rubbing your eye(s) while you sleep. Tape these shields over your operated eye(s) for seven days at bedtime. Tape them so that they rest against the bones of the brow and the cheek and not the eyelids, with two pieces of tape obliquely from the middle of your forehead to your cheekbone.
- Do not wear eye make-up for one week.

### **ACTIVITIES AND GENERAL GUIDELINES**

- Avoid getting contaminated water into your eyes for 10 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzi, sauna and the ocean.
- When you shower, you may wash your hair and face; (with your eyes closed while the water is on your face). Dry your eyelids by gently dabbing. Do not rub your eyes.
- Light exercise is okay following the treatment, but heavy workouts should be curtailed for 5 days.

**IF YOU EXPERIENCE: SEVERE EYE PAIN, DRAMATIC DECREASE IN VISION, DISCHARGE, EYELID SWELLING – PLEASE CONTACT YOUR DOCTOR IMMEDIATELY.**

**YOUR FIRST POSTOPERATIVE APPOINTMENT IS SCHEDULED FOR:**

\_\_\_\_\_ at \_\_\_\_\_ AM/PM

**PRESCRIPTION EYE DROPS**

Start your prescription eye drops four (4) hours after your procedure. You will be given three (3) kinds of eye drops in your post procedural kit.

- FLAREX- (Anti-inflammatory) Use one drop in the treated eye(s) 4 times per day. FLAREX drops should be SHAKEN WELL before use.
  - You will be using FLAREX drops for a total of **3 months** on a tapering schedule.
    - 4 times a day for 1 month
    - 3 times a day for 1 month
    - 2 times a day for 2 weeks
    - 1 time a day for 2 weeks
- CIPROFLOXACIN- (Anti-infective) Use one drop in the treated eye(s) 4 times per day.
  - You will be using VIGAMOX until the bottle runs out, which is usually 4-5 days. If you run out of drops before 3 days, please call the office for additional drops.
- Wait TWO minutes between eye drops.
- The order of the eye drops does not matter.
- Use the drops at 8am, 12:00 Noon, 4pm and 8pm.
- SYSTANE- (Lubricant) Use artificial tears hourly while awake; each ampule can be used for subsequent hours until empty. One ampule should last for several hours.

**WHEN PUTTING IN EYE DROPS**

- DO NOT use anything in the treated eye(s) except the medications you have been given (unless otherwise directed).
- If you experience increased redness, swelling or discharge after using the drops, stop them and notify your doctor.
- Wash your hands before putting in the eye drops.
- Pull down on your lower lid and place the drop in the pocket of the eyelid. Hold the bottle tip away from the eye.
- You may experience a medicinal taste in the back of your throat after putting in drops, this is normal. You can reduce this by closing your eyes for a minute after putting in the eye drops.

## **NORMAL THINGS TO EXPECT AFTER PRK SURGERY**

The discomfort you will feel usually lasts 3-5 days. You may experience any of the following normal occurrences:

- Moderate to significant discomfort.
- Light sensitivity.
- A scratchy, grittiness or burning sensation.
- More tearing than usual.
- Vision may appear particularly blurry for several days.
- You may notice red spots in the whites of your eyes.
- For the first few weeks, you may notice fluctuations in your vision, particularly when reading and driving.
- Your eyes may feel dry for up to 2 months; use artificial tears to alleviate dry eyes.
- Halos around lights at night, gradually subsiding over several months.
- If you have discomfort, you may take Advil, Nuprin, Tylenol or aspirin for relief. Stronger pain medication is available (such as Vicodin), upon request.

**IF AT ANY TIME -- NOW OR IN THE FUTURE -- YOU EXPERIENCE THE ONSET OF NEW FLOATERS, FLASHING LIGHTS, BLURRED VISION OR ANY OTHER BOTHERSOME SYMPTOMS, PLEASE CALL THIS OFFICE IMMEDIATELY.**