

## HEALING TIPS

You will experience burning, tearing, scratchy, irritated eyes within 30 minutes after the procedure. This is normal. It is also normal to have discomfort until your cornea re-epithelializes. It is helpful to keep your eyes closed as much as possible for the first few hours after surgery.

Wear the goggles we provide all waking hours the first day, even indoors. Remove them only to instill your drops.

Use your drops as prescribed regardless of how your eyes feel or how you see! It is OK to use the artificial tears more than once per hour.

Most patients achieve functional vision (not perfect vision) within 3-5 days after surgery. It is common to have foggy or hazy vision until the swelling subsides and the cornea re-epithelializes. It is also common to have fluctuation in vision after laser vision correction. Fluctuation in vision generally subsides within 4-6 weeks from your surgery date but may take longer in some individuals.

Please call if you have any questions or concerns.

Call Dr. Jackson, Dr. Barber or your eye care professional if you have any questions or concerns.

### **InSight Lasik**

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**PRK**

**SURGERY INSTRUCTIONS**

## BEFORE YOUR PROCEDURE

1. We will provide you with a prescription for Acular (Ketorolac) that you should fill and use one drop every 4 hours for 4 days prior to surgery.
2. Continue taking all of your regular medications unless specifically instructed otherwise.
3. Remove all make-up and earrings the day of the procedure. No perfume, cologne, hairspray or hair gel please.



*"... and then I said YES!"*

4. You may eat a light meal before your procedure.
5. Wear comfortable clothing and low-heeled shoes.
6. Anticipate being at InSight Lasik for 1 1/2 to 2 hours.
7. You will need to arrange for a driver to take you home after the procedure.
8. You will need to allow 2-3 days to recuperate from PRK.

## AFTER YOUR PROCEDURE

1. There may be moderate pain the first 24-72 hours. Report any excessive pain without delay.
2. It is helpful to keep your eyes closed for the first few hours after PRK.
3. Sleep in the protective glasses for four nights following the procedure.
4. Do not rub your eyes for ONE MONTH after PRK.
5. You may take a shower or tub bath, but avoid getting water in the operated eye(s) for 72 hours.
6. Avoid water sports (swimming, hot tubs, lake water) for one week.
7. You may jog or work out after the bandage contact len(s) are removed.
8. Wear safety glasses for contact sports and work if indicated.
9. No eye make-up for one week following the procedure.
10. Flying is permitted within 48 hours after laser vision correction. However, we suggest you discuss this with your eye care professional.
11. To avoid washing out previously applied drops, it is best to separate the drops by 30-60 seconds.

## MEDICATION INSTRUCTIONS

### Antibiotic Drops

Vigamox or Zymaxid: Use one drop 4 times per day until the bandage lens is removed.

### Steroid Drops

Durezol or Pred Forte: Use one drop 4 times per day until the bandage lens is removed.

Vexol or other mild steroid one drop 4 times per day after the bandage contact lens is removed. Taper mild steroid over subsequent weeks based upon healing/results. Maintain this regimen until changed by your doctor.

### Lubricating Drops

Systane or Optive Sensitive: Use every hour while awake for the first 72 hours. After the first 72 hours, reduce to 5-6 times per day for the next month. Use only preservative free artificial tears for the first week. After the first week, acceptable artificial tears are Systane, Refresh, Refresh Plus, Bion Tears, Genteal, and Thera Tears.

### Pain Medication

Neurontin: One tablet 3 times a day for pain, if needed.

Acular (Ketorolac): Use one drop 4 times per day for 4 days prior to surgery, and continue until bandage contact lens is removed.

Tetracaine: To be used for pain only if needed. Do not exceed one drop every 4 hours.

Cold packs as needed.