

BEFORE YOUR PRK SURGERY

On the day of the surgery:

- You should have the whole day off.
- Wake up well rested after a good night's sleep.
- Do not wear any makeup, perfume, or jewelry.
- Take your medications as usual except for any eye drops.
- Have a light breakfast.
- Leave yourself plenty of time for driving to the surgical center.
- Bring your PRK surgical kit with you.
- Be sure to have someone available to drive you home.

SUGARLAND EYE & LASER CENTER

FOR A PERSONAL LASIK EXPERIENCE

AFTER YOUR PRK SURGERY

After your surgery:

- Wear the eye shields provided in your PRK operative kit.
- Have someone drive you home.
- Lie down and take a 4 hour nap with your goggles on (If you are unable to sleep, lie down with you eye's closed for 4 hours).
- When you wake up, start your eye drops and take the rest of the day easy.
- You will need to start your medications as described in the chart below.
- Sleep well and come to your postoperative appointment the next day wearing your goggles.

	Predforte	Zymar	Preservative-free Artificial Tears
Start these drops after you wake up from your nap (4 hours)	4 times a day	4 times a day	4 times a day or more as needed

Start applying drops cautiously immediately after waking up from your 4 hour nap.

RECOVERING FROM YOUR PRK SURGERY **After your postoperative appointment**

- Use your medications as instructed.
- You will need to sleep with your eye goggles for 1 week.
- You may need to use preservative-free artificial tears for 6 or more months after surgery, as your eyes may feel dry or irritated.
- Avoid any heavy lifting, very strenuous activity, and ocean / lake / pond water for 4 weeks. Avoid swimming in pools for 2 weeks. Avoid make up, work exposures (smoke, etc), and sweating profusely for at least 1 week.
- Avoid rubbing your eyes vigorously after the surgery, especially for the first 6 months.
- Remember that 3-6 months may pass before your vision stabilizes.
- Enjoy the freedom from your glasses or contact lenses.