

Taustine Eye Center
Laser Surgery Center

Lloyd R. Taustine, M.D.
Cataract & Refractive Surgery

Brian K. Kritchman, M.D.
Diseases of the Retina & Vitreous

Robert D. Williams, M.D.
Glaucoma Consultation & Surgery

Daniel W. Burke, M.D.
Comprehensive Ophthalmology

John R. Gleason, M.D.
Comprehensive Ophthalmology

James D. Hurt, O.D.
Comprehensive Optometry

POST OPERATIVE INSTRUCTIONS
FOR
PHOTOREFRACTIVE KERATECTOMY (PRK)
PHOTOTHERAPEUTIC KERATECTOMY (PTK)
LASER ASSISTED SUBEPITELIAL KERATECTOMY (LASEK)

1. Immediately following surgery:

- a. Go home and rest for the remainder of the day. Take a nap! Go to bed early. We find that patients who follow these instructions do the best. Do not go out to a smoky restaurant. Avoid athletic activity today.
- b. You will experience some discomfort, light sensitivity and tearing. This varies from patient to patient. Most post op discomfort is of a scratchy or foreign body nature. Sun-glasses may help. Stay in a darkened room. Use the pain medication, both drops and pills, as needed. Try not to overuse the pain medication and do not drive while you are taking them. After the first day Advil or Tylenol usually suffice.
- c. A contact lens has been placed on your eye to help it heal. Do not remove the lens. This lens will not improve your vision but will decrease the amount of discomfort you experience. If the lens falls out, do not replace it. Instead, patch the eye overnight.
- d. A little redness is common right after surgery. This will go away in a few days.
- e. Someone will need to drive you home from the Laser Center and to your first return visit.

2. General Cleanliness:

- a. Do not get anything in your eye the first three days. Avoid eye make-up for at least one week. Discard any previously opened mascara or eye liner.
- b. Soap and water may be used on the face, but avoid getting in the eye. Again do not rub the eye.

3. The Next Day After Surgery:

You will be seen one day after surgery. Your eye may be sore and the vision blurry. These symptoms will improve with time. The redness and irritation will subside in 1-2 days.

4. The Following Days:

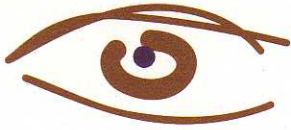
Expect your vision to fluctuate during the first few weeks following surgery. You may experience dimming of your vision in the evenings or light sensitivity. These symptoms and any

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discomfort you may have will grow less each day. Get plenty of rest.

5. Physical Activity:

Avoid contact or racquet sports for two weeks following surgery. After this time, it is recommended that you wear protective eye wear while playing contact sports or racquet sports. Avoid swimming, hot tubs, sauna or any other contact with possibly contaminated water for two weeks following surgery. You may resume jogging, weight lifting or aerobics three days after surgery, but do not increase your level of exercise for two weeks.

****It is a good idea to protect the eye from intense ultraviolet light for a year. When going outside on a sunny day we recommend a hat with a brim and ultraviolet filtered sunglasses.**

6. Return Office Visit:

Your appointment is at _____. **Please bring your surgery kit with you.**

7. Eye Drops:

You are to begin your drops today. It is important to the success of the procedure that you use your drops as directed.

Occuflox- This is an antibiotic to prevent infection as your eye heals. Use this four (4) times a day (approximately every 6 hours).

Tetracaine - This is a numbing drop. Use sparingly! We recommend up to three (3) times a day on the day of surgery, then two (2) times a day on the day after surgery and then once (1) a day on the second day after surgery. An application of this drop at bedtime seems to be very helpful.

Tears - You may be asked to use Artificial Tears during the postoperative period. Initially, these must be non-preserved tears, as the preservatives in some tears may interfere with healing.

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