Precision Focus...From Every Angle.

BEFORE & AFTER PRK SURGERY
Patient Instruction Booklet

www.cascadiaeye.com
Welcome To Cascadia Eye!

This booklet is here to help you prepare for your PRK surgery and guide you in your post-operative care. Our doctors and staff are available to help you with any questions you might have as well; contact information is provided on the last page. We want your experience to be as comfortable as possible. Thank you for choosing Cascadia Eye, and we hope to see you again soon!
# APPOINTMENT SUMMARY

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Surgery</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 day post-op</td>
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<td></td>
<td></td>
<td>1 week post-op</td>
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</tr>
</tbody>
</table>

*We may also see you for the following:*
3 days after surgery and 1, 2, 3, and 4 months after surgery. This will depend on your procedure and individual healing.

The appointment summary listed above is only a general guideline for post-operative care. Your surgeon may want to see you more or less often, depending on your healing process. If at any time you feel you need to be seen by your doctor, please do not hesitate to give us a call.

*(360) 416-6735*
PRK SURGERY
PRE-OPERATIVE INSTRUCTIONS

We are pleased that you have chosen to have your refractive procedure at Eye Associates Surgery Center. Please read and follow these instructions prior to your procedure. If you have any questions or concerns prior to surgery day, you may call (360) 416-6735 and our Refractive Surgery Coordinator will be happy to speak with you.

CONTACT LENSES SHOULD BE DISCONTINUED AT LEAST 2 WEEKS PRIOR TO YOUR PROCEDURE.

1. Do not wear perfume/cologne, make-up, or jewelry on the day of your procedure.

2. Arrange for a driver on your surgery day. Plan on being in our surgery center 1-2hrs.

3. Wear comfortable clothes (the laser room is kept cool).

4. You will be taking drops after surgery. We have sent your prescriptions to your pharmacy. Make sure to pick up your drops at least three days prior to your procedure.

5. PLEASE BRING YOUR EYE DROPS ON SURGERY DAY.

6. Take 1000mg of Vitamin C per day, one week prior to your procedure.
7. Discontinue any antihistamines 3 days prior to surgery (cold/allergy medicines)

8. Zymaxid eye drops: One drop 4x per day in the operative eye(s). Start this routine 3 days prior to surgery.

9. LID SCRUBS: Perform this procedure twice a day starting 3 days prior to surgery.
   1. Place a hot washcloth over both eyes for 5 minutes.
   2. Pull the upper and lower lids tight by applying pressure on the outer part of the eye and pulling toward your ear.
   3. With your free hand, firmly run a clean finger across the lid margin of the upper and lower lids. Start at the inner margin of the eye closest to your nose and massage outward toward your ear, perform this twice for the upper and lower lid. This will empty the oil glands that are found near your lashes.
   4. Apply a small amount of baby shampoo to the washcloth and scrub your lashes with your eyes closed to remove any oil and debris that has been expressed from your oil glands.

Valium (if prescribed) should be taken one hour prior to your arrival time on surgery day.
PRK SURGERY
POST-OPERATIVE
INSTRUCTIONS

We do not anticipate that you will have any difficulty after your surgery. Should you need to speak with someone, feel free to call us at (360) 416-6735 during clinic hours. After regular clinic hours, you may call your surgeon at:

Dr. Dan Siapco: (360) 333-8039
Dr. Carlindo Pereira: (360) 770-8672

1. It is important that you DO NOT RUB YOUR EYE(S).

2. For the first 2 weeks after surgery, use the eye shield while you are sleeping — even naps.

3. Avoid getting tap water in your eyes or swimming for 3 weeks.

4. Do not wear eye makeup for one week after surgery.

5. Medication Instructions:

   • **Vicodin**: 1-2 tablets every 3-4 hours (even in the middle of the night) for the first 2-3 days depending on your level of discomfort. You may begin your pain medication immediately after your procedure. To avoid nausea/vomiting, do not take on an empty stomach.

   • **Vitamin C**: Continue to take 1000mg each day, for **four months** following the procedure. During this time, it is especially important to wear sunglasses to protect your eyes from harmful UVA rays that could contribute to haze formation.
Artificial Tears: We recommend the use of over the counter, preservative free, artificial tears. For the first week, use of these tears every hour is recommended. Some artificial tears will be provided in your post-op kit, but you may also want to purchase a box of your own. Any brand of PRESERVATIVE FREE artificial tears is fine. In rare cases, a dry-eye condition may develop. In this case, treatment for the condition will be treated separately with additional drops or plugs and billed to your insurance. This is considered to be a separate condition from your regular post-op care.

Antibiotics:
Use each drop in the operative eye(s) 4x daily for one week.

Steroid:
Use each drop in the operative eye(s) 4x daily. You will be using this drop for 3-4 months after surgery on a tapered schedule:
- Month 1: 4x daily
- Month 2: 3x daily
- Month 3: 2x daily
- Month 4: 1x daily
After your surgery is complete, you will be moved to a recovery area. You will be asked to stay here until your doctor feels that you are able to go home. Usually, this is less than an hour. At this point, your vision will be blurry, as if you are looking through water. You will have enough vision for walking around, but not enough for driving.

After the numbing medicine wears off, your eyes may begin to burn, feel scratchy, or you may feel like you have an eyelash in your eye. You may also be very light sensitive. After PRK, these symptoms can be moderate to severe and last for a few days. Sometimes, one eye may be more uncomfortable than the other. These are normal sensations. Remember that your doctors want you to recover without any problems, so be sure to report anything that feels abnormal or “not right.”

You should rest for a couple of the days and apply your eye drops as directed. Your vision will not be perfect during this time but should begin to recover over the next few days. Most people are able to return to work and driving 5-7 days following PRK.

To minimize the chance of infection, keep your hands clean when instilling drops and away from your eyes, avoid hot tubs or swimming pools for 3 weeks, avoid wearing eye makeup for 1 week, and use the eye drops as directed. It is also very important to avoid rubbing your eyes at all times.
If needed, you can gently pat your eyes with your eyelids shut. For the first week after surgery you must wear the clear plastic eye shields whenever you are sleeping, including naps. This will protect your eyes from any unintentional rubbing.

Call your doctor if:

- You have a steady decrease in vision.
- You experience a steady increase in pain, or the pain becomes intolerable even after taking pain medication.
- Your bandage contact lens falls out. This is usually associated with a sudden increase in eye pain. (Do not attempt to put the contact lens back in.)
HEATHER KNUDSEN
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Mount Vernon, WA 98274

www.cascadiaeye.com

Phone: 360-424-5338 (Surgery Center)
Fax: 360-424-6954