

BEFORE & AFTER PRK SURGERY

Patient Instruction Booklet



Precision Focus...From Every Angle.


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CROWELL | SIAPCO | PEREIRA

Welcome to Cascadia Eye!



This booklet will help you prepare for your Photorefractive Keratectomy (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; 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

DATE	TIME	EVENT
_____	_____	Surgery
_____	_____	1 day post-op
_____	_____	1 week post-op

We may also see you for the following:

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.

Three days after surgery and 1, 2, 3, and 4 months after surgery. This will depend on your procedure and individual healing.

If at any time you feel you need to be seen by your doctor, please do not hesitate to give us a call at **360-424-2020**.



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PRK SURGERY PRE-OPERATIVE INSTRUCTIONS

Please read and follow these instructions prior to your procedure. If you have any questions or concerns prior to surgery day, you may call 360-424-2020 and our Refractive Surgery Coordinator will be happy to speak with you.

AT LEAST **2 WEEKS** PRIOR TO YOUR PROCEDURE

1. Discontinue wearing contact lenses.
2. Arrange for a driver for your surgery day.

STARTING **ONE WEEK** PRIOR TO YOUR PROCEDURE

Take 1000mg of Vitamin C per day.

STARTING **THREE DAYS** PRIOR TO PROCEDURE

1. You will be taking drops after your procedure. We have sent your prescriptions to your pharmacy, so make sure to pick up your drops at least three days prior to your procedure. You will also want to purchase a sports gel pack and OcuSoft wipes from your pharmacy.
2. Discontinue any antihistamines (cold/allergy medicines).
3. **Eye drops:*** Using Polytrim drops, place one drop 4x per day in the operative eye(s), starting three days before your procedure.
4. **Lid scrubs:*** Perform this procedure twice a day, starting three days before your procedure.
 - Place a warmed gel sports pack or dry rice-filled bag over both eyes for five minutes.

PRK SURGERY

PRE-OPERATIVE

INSTRUCTIONS, cont.

Lid Scrubs, cont.

- Pull the upper lid tight by applying pressure on the outer part of the eye with your non-dominant hand and pulling toward your ear.
- With your free hand, firmly run a clean finger across the lid margin of the upper lid. Start at the inner margin of the eye closest to your nose and press outward toward your ear. Perform this three times each for both the upper and lower lids. This will empty the oil glands that are found near your lashes.
- Using OcuSoft wipes, gently scrub your lashes with your eyes closed to remove any oil and debris that has been expressed from your oil glands.

** Instructional videos are available at
www.cascadiaeye.com/surgery-center.*

THE DAY OF THE PROCEDURE

**Your surgery will take place at the Harman Eye Clinic
903 Medical Center Drive Arlington, WA 98223**

1. PLEASE BRING YOUR EYE DROPS ON SURGERY DAY.
2. Do not wear perfume/cologne, make-up, eyelash extensions, or jewelry on the day of your procedure.
3. Wear comfortable clothes (the laser room is kept cool).
4. Plan on being in the surgery center for 1-2 hrs.

**Valium (if prescribed) should be taken when instructed by your doctor at the surgery center on the day of the procedure.*

PRK SURGERY

DISCHARGE LETTER

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 doctor wants 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.



PRK SURGERY

DISCHARGE LETTER, cont.

To minimize the chance of infection:

- AVOID RUBBING YOUR EYES AT ALL TIMES.
- Keep your hands clean and away from your eyes when instilling drops.
- Avoid hot tubs or swimming pools for three weeks.
- Avoid wearing eye makeup for one week.

Use the eye drops as directed. 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.)



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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 **360-424-2020** during clinic hours. Outside of regular clinic hours, you may call your surgeon at:

Dr. Carlindo Pereira: 360-770-8672

1. It is important that you **DO NOT RUB YOUR EYE(S)**.
2. Do not wear eye makeup for one week after surgery.
3. For the first week after surgery, use the eye shield while you are sleeping — even naps.
4. Avoid getting tap water in your eyes or swimming for two weeks.

MEDICATION INSTRUCTIONS

- **Vicodin/Percocet:** 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 UV rays that can contribute to haze formation.

PRK SURGERY

POST-OPERATIVE

INSTRUCTIONS, cont.

- **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 severe 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.



Polytrim



*Vigamox/Moxifloxacin or
Zymaxid/Gatifloxacin*



FML (fluorometholone)

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 4 months after surgery on a tapered schedule:

- Month 1: 4x daily
- Month 2: 3x daily
- Month 3: 2x daily
- Month 4: 1x daily


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POST-OPERATIVE DROP SCHEDULE

Start date: _____

Week 1:

ANTIBIOTIC: Daily ___

STERIOD: Daily ___

	Breakfast	Lunch	Dinner	Bedtime
Day 1	■ ■	■ ■	■ ■	■ ■
Day 2	■ ■	■ ■	■ ■	■ ■
Day 3	■ ■	■ ■	■ ■	■ ■
Day 4	■ ■	■ ■	■ ■	■ ■
Day 5	■ ■	■ ■	■ ■	■ ■
Day 6	■ ■	■ ■	■ ■	■ ■
Day 7	■ ■	■ ■	■ ■	■ ■

For the first week, also use preservative-free artificial tears as often as every hour, if possible.

Week 2:

STERIOD: Daily ___

	Breakfast	Lunch	Dinner	Bedtime
Day 1	■	■	■	■
Day 2	■	■	■	■
Day 3	■	■	■	■
Day 4	■	■	■	■
Day 5	■	■	■	■
Day 6	■	■	■	■
Day 7	■	■	■	■

PLEASE TAKE YOUR DROPS UNTIL INSTRUCTED TO STOP.

WARNING: PREMATURELY STOPPING YOUR STEROID DROPS CAN LEAD TO SCARRING, HAZE, AND A POOR VISUAL OUTCOME.

POST-OPERATIVE DROP SCHEDULE

Week 3:

STEROID: Daily ___

	Breakfast	Lunch	Dinner	Bedtime
Day 1	■	■	■	■
Day 2	■	■	■	■
Day 3	■	■	■	■
Day 4	■	■	■	■
Day 5	■	■	■	■
Day 6	■	■	■	■
Day 7	■	■	■	■

Week 4:

STEROID: Daily ___

	Breakfast	Lunch	Dinner	Bedtime
Day 1	■	■	■	■
Day 2	■	■	■	■
Day 3	■	■	■	■
Day 4	■	■	■	■
Day 5	■	■	■	■
Day 6	■	■	■	■
Day 7	■	■	■	■

Week 5:

STEROID: Daily ___

	Breakfast	Lunch	Dinner
Day 1	■	■	■
Day 2	■	■	■
Day 3	■	■	■
Day 4	■	■	■
Day 5	■	■	■
Day 6	■	■	■
Day 7	■	■	■

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POST-OPERATIVE DROP SCHEDULE

Week 6:

STEROID: Daily ___

	Breakfast	Lunch	Dinner
Day 1	■	■	■
Day 2	■	■	■
Day 3	■	■	■
Day 4	■	■	■
Day 5	■	■	■
Day 6	■	■	■
Day 7	■	■	■

Week 7:

STEROID: Daily ___

	Breakfast	Lunch	Dinner
Day 1	■	■	■
Day 2	■	■	■
Day 3	■	■	■
Day 4	■	■	■
Day 5	■	■	■
Day 6	■	■	■
Day 7	■	■	■

Week 8:

STEROID: Daily ___

	Breakfast	Lunch	Dinner
Day 1	■	■	■
Day 2	■	■	■
Day 3	■	■	■
Day 4	■	■	■
Day 5	■	■	■
Day 6	■	■	■
Day 7	■	■	■

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POST-OPERATIVE DROP SCHEDULE

Week 9:

STEROID: Daily ___

	Breakfast	Dinner
Day 1	■	■
Day 2	■	■
Day 3	■	■
Day 4	■	■
Day 5	■	■
Day 6	■	■
Day 7	■	■

Week 10:

STEROID: Daily ___

	Breakfast	Dinner
Day 1	■	■
Day 2	■	■
Day 3	■	■
Day 4	■	■
Day 5	■	■
Day 6	■	■
Day 7	■	■

Week 11:

STEROID: Daily ___

	Breakfast	Dinner
Day 1	■	■
Day 2	■	■
Day 3	■	■
Day 4	■	■
Day 5	■	■
Day 6	■	■
Day 7	■	■

**PLEASE TAKE YOUR DROPS UNTIL INSTRUCTED TO STOP.
PREMATURELY STOPPING YOUR DROPS CAN LEAD TO
SCARRING, HAZE, AND A POOR VISUAL OUTCOME.**

POST-OPERATIVE DROP SCHEDULE

Week 12:

STEROID: Daily ___

	Breakfast	Dinner
Day 1	■	■
Day 2	■	■
Day 3	■	■
Day 4	■	■
Day 5	■	■
Day 6	■	■
Day 7	■	■

Week 13:

STEROID: Daily ___

	Breakfast
Day 1	■
Day 2	■
Day 3	■
Day 4	■
Day 5	■
Day 6	■
Day 7	■

Week 14:

STEROID: Daily ___

	Breakfast
Day 1	■
Day 2	■
Day 3	■
Day 4	■
Day 5	■
Day 6	■
Day 7	■

Week 15:

STEROID: Daily ___

	Breakfast
Day 1	■
Day 2	■
Day 3	■
Day 4	■
Day 5	■
Day 6	■
Day 7	■

Week 16:

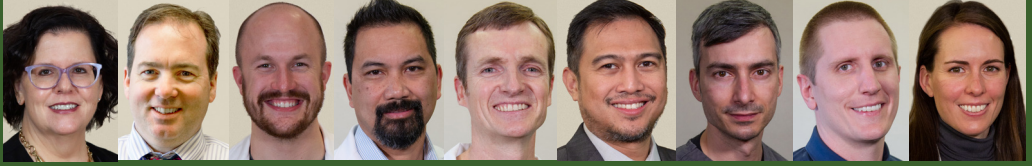
STEROID: Daily ___

	Breakfast
Day 1	■
Day 2	■
Day 3	■
Day 4	■
Day 5	■
Day 6	■
Day 7	■

**PLEASE TAKE YOUR DROPS UNTIL INSTRUCTED TO STOP.
PREMATURELY STOPPING YOUR DROPS CAN LEAD TO
SCARRING, HAZE, AND A POOR VISUAL OUTCOME.**

NOTES:

CONTACT US



OUR WORLD IS YOUR VISION

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